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A COMPLEAT BODY OF DISTILLING,

EXPLAINING THE

MYSTERIES

OF THAT

SCIENCE,

IN

A moſt EASY and FAMILIAR Manner;

CONTAINING

An exact and accurate Method of making all the COMPOUND CORDIAL-WATERS now in Use;

WITH A

Particular Account of their ſeveral VIRTUES.

AS ALSO A

DIRECTORY,

CONSISTING OF

All the INSTRUCTIONS neceſſary for learning the *DISTILLER's ART*; with a Computation of the original Coſt of the ſeveral Ingredients, and the Profits ariſing in Sale.

Adapted no leſs to the Uſe of private FAMILIES, than of APOTHECARIES and DISTILLERS.

In TWO PARTS.

By GEORGE SMITH, of *Kendall* in *Weſtmorland*.

The SECOND EDITION.

LONDON,

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COMPLEAT BODY

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EXPLAINING THE

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IN

A most PLAIN and FAMILIAR Manner;

MVSEVM
BRITAN
NICVM

AS ALSO A

DIRECTORY,

CONTAINING

Plain INSTRUCTIONS needful for Distilling the
SPIRIT, LEVET, &c. with a Computation
of the original Cost of the several Ingredients, and
the Profits arising by Sale.

Adapted to the Use of Private Families, and of
DISTILLERS and Dispensers.

IN TWO PARTS.

LONDON:
PRINTED

THE PREFACE.

WHEN first I undertook this work, I design'd to publish it without a preface; as judging that the truth and reason contained in it would be a sufficient commendation of themselves without any preliminary discourse whatsoever. I was sensible I had acted with faithfulness and care in the composition of it, and was willing to hope the usefulness of the subject might be a means to recommend the performance. But upon recollection, that all my Readers would not be equally distinguish'd by a right sense of these matters, I chang'd my opinion, and have resolv'd to proceed in the common method.

The Book is divided into two parts, which comprehend the Practice and Theory of distillation. The first is design'd for a Dispensatory for the wholesale Distillers, and contains an exact and accurate form of making up what they

name their compound goods. I have inſerted nothing ſuperfluous, nor omitted any thing of moment, which might be beneficial to the young artiſt. And thus I have endeavoured, in the moſt eaſy and intelligible manner I was able, to explain to him, how to order his work-houſe to the beſt advantage, how to erect his Still, Worm-tub, Water-tub, Pump, Preſs, and other matters thereunto belonging. The ſeveral utenſils are deſcrib'd, and the manner of uſing them. And he is farther taught how to ſeaſon the Still and Worm, and put them in a proper condition for working proof-goods; how to order the Still-fire, and draw off the liquors clean and to the beſt advantage; and when drawn off, how to dulcify and refine them, ſo as to make them become ſpeedily fit for ſale; with ſeveral other particular inſtructions, which are not neceſſary to be mention'd here, and are at large explain'd in the following treatiſe.

To make the work yet more compleat, I have added the prime coſt, particular and total, to every preſcription, with the Profit ariſing from the ſaid goods in ſale. And tho' ſome, or indeed moſt of the ingredients us'd in diſtilling bear no ſtandard or fix'd price, but riſe or fall in proportion as the market is ſtock'd with them, yet taking one with another, the Balance will be found to be pretty even, and amount as near as may be to the reſpective ſums I have here ſet down.

PREFACE.

Tho' this Book is chiefly adapted to a wholesale trade, and indeed of no conſiderable extent, the Still not exceeding thirty gallons, yet it may be equally ſerviceable to Apothecaries and perſons of other Employments, where diſtilling is a branch of their trade. For tho' the Apothecaries have a pharmacopœia of there own to direct them in making their compound-waters, yet are the cordial-waters of the Diſtillers (which I ſpeak without any diſparagement to their Profeſſion) much finer and pleaſanter than what they uſually make; and this ſeems owing to their great error in drawing off the faints with their diſtill'd cordial-waters. This inconvenience I have taught them to avoid, and if they'll once make trial of any of the diſtill'd waters hereafter mention'd, according to the directions I have given them, I am perſuaded they'll find what I ſay to be true in fact, and that theſe waters will much exceed both in taſte and colour the compound-waters of the ſame denomination, which are commonly made by them.

I further hope my pains will not prove unacceptable to ſuch perſons of diſtinction, as keep a Still in their families for their own private uſe. As they generally proceed by preſcriptions, which require a compoſition of ingredients of heterogeneous qualities, the compound waters diſtill'd from them muſt neceſſarily be correſpondent, and prove diſagreeable both in their taſte and nature. To prevent this ill conſequence, I have taught them in an eaſy and familiar man-

ner the beſt method of diſtilling and compoſing all cordial-waters with very little trouble or loſs of time, by reducing the quantity of the ingredients and ſpirits to the dimenſions of their Still. And leſt any error ſhould ariſe from a miſcomputation, I have alſo in the ſecond part calculated them all for a Still of three gallons charge.

As the former part of my performance is wholly practical, the ſecond comprehends both the theory and practice join'd together, repreſenting at one view the compoſition and virtue of ſuch particular compound-waters. In this book the reader will find an account of ſeveral rich cordials, not mention'd in the firſt part, nor in any treatiſe of diſtilling extant, that I know of, beſides the different methods of compounding other diſtill'd liquors, that are daily uſed. So that I may venture to affirm, I here give him the compleateſt body of diſtilling, that has yet been publiſh'd. For tho' there have been many treatiſes written upon this ſubject, yet are they all of them highly deficient; and their deficiencies have been the grand inducement that has engag'd me to undertake the preſent Work, which I hope will prove acceptable to the candid and ingenuous, whoſe benefit I have chiefly ſtudied. If any one is inclin'd to cenſure, I deſire he would ſit down and write better; I ſhall not envy his ſucceſs, but ſhall be always thankful for any farther information.

A COMPLEAT BODY OF DISTILLING, &c.

BOOK I.

Double Aniſeed-water.

	l.	*s.*	*d.*
30 gallons of proof-ſpirits at 18 *d.*	2	5	0
5 pounds of Aniſeeds at 6 *d.*	0	2	6
9 pounds of fine Sugar at 6 *d.*	0	4	6
Coals, and working	0	1	0
	2	13	0

For ſale.

30 gallons of double Aniſeed-water at 2 *s.* 6 *d.*	3	15	0

ALL diſtill'd goods which are made proof, are call'd double goods, by what names or titles ſoever they be denominated, as Aniſeed, Clove, Cinnamon, or any other water: And if your ſpirits

ſpirits are of a good body, or what is call'd full proof, they may be made up with liquor or ſpring-water to the ſame quantity, with which you firſt charged your Still, ſuppoſe thirty or any other number of gallons.

You muſt put the Aniſeed into your Still immediately after your ſpirits, firſt gently bruiſing them in a mortar, and drawing them off very moderately from your Still, with a ſlow fire, as long as the goods will come off clear, which will be about two third parts of your firſt quantity, or near twenty gallons out of thirty gallons, firſt charged in your Still; and ſo proportionably for a larger or ſmaller quantity, which deficiency muſt be made up with liquor, which the goods will bear; or if you would have the goods very high proof, you may put a gallon of liquor the leſs, afterwards dulcify the ſame with Sugar, in proportion, and keep your faints which come off after your goods by themſelves, letting them run as long as they will burn or fire on the Still-head, with a lighted paper or candle put to them.

You muſt carefully obſerve in drawing off this water, that the faints or after-runnings, come not off and run into your Cann along with your other goods. To avoid this inconvenience, you muſt often be viewing them in a glaſs or vial, eſpecially towards the latter end of your diſtillation; for then your goods which before looked clear and limpid as rock-water, will now put on, or turn to an azure or bluiſh colour (the reaſon whereof I ſhall give you, together with the virtue, in the ſecond part); and if they were ſuffered to mix with your fine goods, would impart both a diſagreeable taſte and colour to them, which would require a long time in fining. Therefore when-

whenever you perceive the colour to alter, ſhift your Cann, and place another under the end of your worm for the reception of the ſaid faints; which muſt be kept ſeparate from your proof goods for ſuch uſes as hereafter ſhall be ſhewn in their proper places.

Single Aniſeed-water.

	l.	*s.*	*d.*
30 gallons of proof Malt-ſpirits at 18 *d.*	2	5	0
8 pounds of Aniſeed at 6 *d.*	0	4	0
14 pounds of brown ſugar at 21 *s. per C.*	0	2	7½
Coals and working	0	1	0
	2	12	7½

For ſale.

	l.	*s.*	*d.*
45 gallons of Aniſeed-water at 2 *s.*	4	10	0

All common or ſingle diſtilled goods are charged and drawn off from the Still, in the ſame manner as double goods, ſave what difference is made in the compoſition, and making up the ſaid goods, *viz.* Firſt draw off your goods from the Still into your Canns, you have for that purpoſe, putting them by as ſoon as they are full into your veſſel deſigned to make up the goods in; then make them up to their firſt quantity with liquor; to which add one half more in liquor, over and above what your firſt quantity of ſpirits was, wherewith your Still was charged, *viz.* Every thirty gallons of ſpirits muſt be made 45 gallons of ſingle Aniſeed-water, by putting as much liquor to the goods drawn from the Still, as will make up that quantity; then diſſolve

the ſugar in a Cann or two of your goods ſo made up, and ſtir and mix them very well together with a proper inſtrument, and to make them become clear, put about four ounces of Alum finely powdered into them, ſtir them all well together, and in a little time the goods will become fine and fit for ſale.

Common Aniſeed-water.

	l.	*s.*	*d.*
30 gallons of proof-ſpirits at 18 *d.* ——	2	5	0
10 pounds of Aniſeeds at 6 *d.* ——	0	5	0
16 pounds of Sugar at 21 *s. per C.* ——	0	3	0
Coals, and working ——	0	1	0
	2	14	0

For ſale.

	l.	*s.*	*d.*
50 gallons of Aniſeed-water at 20 *d.* ——	4	3	4

When you would make a low priz'd commodity for wholeſale buſineſs, always endeavour to let ſuch goods have two or three months age before you expoſe them to ſale; and becauſe the ſpirits are lower, by having a greater quantity of liquor put thereto, you muſt add ſome more ingredients in lieu thereof, as above directed; and always when you draw off or diſtil Aniſeed-water of any kind, beware you let none of the white faints run amongſt your goods, and that for the ſame-ſhewn reaſons laid down in double Aniſeed-water; therefore as ſoon as your Still has run about the quantity you expect, mind diligently when the goods begin to change their colour, then take away your Cann, and ſubſtitute another to receive all the faints.

Single

Single Angelica-water.

	l.	*s.*	*d.*
30 gallons of proof-ſpirits at 18 *d.*	2	5	0
8 pounds of Angelica-ſeeds or 12 pounds of roots	0	3	4½
14 pounds of ordinary Sugar at 21 *s. per C.*	0	2	7½
Coals, and working	0	1	0
	2	12	0

For ſale.

	l.	*s.*	*d.*
45 gallons of Angelica-water at 2 *s.*	4	10	0

Ordinary Angelica-water.

	l.	*s.*	*d.*
30 gallons of proof-ſpirits at 18 *d.*	2	5	0
10 pounds of Angelica-ſeed, or 14 pounds of roots	0	4	2
16 pounds of Sugar at 21 *s. per C.*	0	3	0
Coals, and working	0	1	0
	2	13	2

For ſale.

	l.	*s.*	*d.*
50 gallons of Angelica-water at 20 *d.*	4	3	4

Directions about Angelica-water.

If you find any ſale or demand for proof or double Angelica-water, you may follow the ſame rule or method, as in making double Aniſeed-water, uſing the ſame quantity of Angelica-ſeeds as you do of Aniſeeds.

The Angelica-water moſt in vogue or demand is as above directed, which the Still muſt be charg'd with,

with, drawn off, and made up after the ſame manner with ſingle Aniſeed-water.

If you make Angelica-water, when the herb is growing, you may uſe the ſtalks, taking a ſufficient quantity (which you will have for a ſmall matter) inſtead of Angelica-ſeeds, or in caſe of neceſſity, you may uſe Angelica-roots, firſt ſlicing them very thin into your Still, (they, like the ſtalks, are of ſmall value) only put into your Still half as much more of roots well cleanſed and waſhed as you would do of Angelica-ſeeds; then having put to your ſpirits, and luted the junctures of your Still, draw off with a ſlow fire, dulcify and make up the goods as others of the like nature.

To improve Engliſh Brandy, and make it appear like French.

	l.	*s.*	*d.*
20 gallons of fine *Engliſh* Brandy at 4 *s.* 6 *d.*	4	10	0
2 ounces of Tinctura Japonica	0	1	9
6 ounces of ſpirit of *Nitre Dulcis* at 4 *s.* *per* pound	0	1	6
	4	12	6

For ſale.

	l.	*s.*	*d.*
20 gallons of Brandy at 8 or 9 *s.* *per* gallon	8	10	0

The chief and principal ingredient which operates moſt in improving *Engliſh* Brandy, and giving it the flavour of *French* goods, is the Tinctura Japonica, not made by Chymiſts after the manner that is fit for that purpoſe, without particular directions, and a very great charge to them to be

be juſt in the compoſition thereof, and then they not much to be depended on in the Compoſition of it; therefore I have here inſerted the true receipt as it ought to be made for this Intention: And it is to be obſerved that it muſt be made ſo ſtrong, as to make a ſtrong reflection, or to hang upon the glaſs or phyal in which it is put and kept for uſes: at the ſame time you muſt have 1 pound or 2 pounds of ſpirit of Nitre Dulcis, which is 4 *s. per* pound, and mix 2 ounces of Tinctura Japonica with ſix ounces of ſpirit Nitre Dulcis, (as directed) very well incorporated together, and put to your Brandy and ſtirr'd or well romag'd therein, and you may ſell it as ſoon as it is ſettled.

Tinctura Japonica.

Beſt Engliſh Saffron diſſever'd 1 ounce, Mace bruiſed 1 ounce. Infuſe them in a pint of Brandy, 'till the whole tincture of the Saffron be extracted (which will be in ſeven or eight days time) then ſtrain it through a linen Cloth, and put to the ſtrained Tincture two ounces of Terra Japonica powder'd fine; let it ſtand to infuſe, 'till the Tincture be wholly impregnated therewith.

To rectify Moloſſus Brandy.

	l.	*s.*	*d.*
21 gallons of Moloſſus ſpirits at 2 *s.* 7 *d.* ½ *per* gallon	2	15	1½
2 pounds of Flemiſh pot-aſhes at 6 *d.*	0	1	0
½ pound of Salt of Tartar	0	0	8
4 pounds of Raiſin-ſtalks	0	0	3
Coals, and working	0	0	8
	2	17	8½

For

For ſale.

	l.	*s.*	*d.*
20 gallons of Brandy at 5 or 6*s. per* gallon	5	10	0

You may uſe the ſame method in Moloſſus Brandy as in fine Brandy, in the foregoing page; but it will be a much better commodity, if you firſt draw it over again in your Still very gently and with a ſlow fire.

Directions in rectifying Moloſſus Brandy.

Putting to the Spirits two pounds of Flemiſh Pot-Aſhes, half a pound of Salt of Tartar, and 4 pounds of Raiſin-Stalks; and filling up your Still within a hand's breadth of the top, that the goods may the better cleanſe themſelves from all their impurities; and draw off your goods no longer than proof, whereby they will have a much better reliſh; and be ſure to allow 1 gallon in 20 in making up your goods, which will be much finer and better by being full proof, and muſt not be reduc'd or lower'd with liquor (as common Moloſſus and rectify'd Malt-ſpirits, which will bear a pint to every gallon) becauſe with a little age it will be a good commodity, and yield a good price.

To rectify Malt Spirits.

	l.	s.	d.
30 gallons of proof Malt-ſpirits at 1 s. 6 d. *per* gallon.	2	5	0
Half a pound of Salt of Tartar.	0	0	8
2 pounds of Sandiver powder'd	0	0	2
Coals, and working	0	1	0
	2	6	10

For ſale.

	l.	s.	d.
33 gallons three quarters of rectify'd Spirits at 2 s. 6 d. *per* gallon	4	4	4½

To make Salt of Tartar.

In rectifying Spirits, over and above the ſaid ingredients you may add 3 or 4 pounds of Raiſin-ſtalks, which gives a good flavour to the goods; (or they may be omitted without any prejudice) you may make your own Salt of Tartar, by taking Saltpetre and white Argil (or common Tartar) of each one pound; powder them and ſift them through a hair-ſieve, put and mix them together in an earthen pot, that will endure the fire, and will hold thrice as much as the ſaid powders; then place the pot in a large open chimney, or rather in the open air, and heat an iron ſpatula red-hot, and put it into the earthen pot, ſtirring the powders with it, which will immediately deflagrate and calcine, ſo as to become but half the quantity; which muſt be kept in a gally-pot cloſe cover'd with leather from

the air, which otherwiſe would melt it: but being thus preſerv'd, you may keep it till you have occaſion for its uſe.

Note, that a pint of liquor is to be put to every gallon of proof Brandy, when it is made fit for ſale.

Double red Clove-water.

	l.	*s.*	*d.*
30 gallons of proof Malt-ſpirits at 1 *s.* 6 *d. per* gallon	2	5	0
6 pounds of Clove-pepper at 9 *d.*	0	4	6
12 pounds of ordinary Sugar, at 21 *s. per C.*	0	2	3
4 gallons of Elder-juice.	0	3	0
Coals, and working.	0	1	0
	2	15	9

For ſale.

	l.	*s.*	*d.*
32 gallons of double Clove-water, at 2 *s.* 6 *d. per* gallon.	4	0	9

Colouring of red Clove-water.

All red Clove-waters muſt be made as deep in colour as Claret-wine, which may be done with 2 pounds of Archill (ſuch as Dyers uſe) put into a harden bag, and preſſed out with your hands into a cann of the goods; dipping or ſteeping it amongſt the goods, and preſſing it as long and as often as any colour can be drawn from thence; which may be afterwards caſt away: But the beſt and moſt wholeſome way of rubifying Clove-water, is by making your Clove-water (before it be colour'd) about 2 gallons in 30 gallons above the firſt proof; then

then put thereto 3 or 4 gallons (according to the goodneſs or thickneſs) of your Elder-juice, ſtirring and mixing it well together, and uſing more or leſs of the juice, as you ſee occaſion; and afterwards dulcifying it, in proportion, or to your Palate, as the juice is more or leſs acid; which done, put it into your veſſel to clear and fine of itſelf: for into red goods the powder of Alum is not admitted.

There is another way of making double red Clove-water, which is thus done: put 30 gallons of Spirits into your ſtill, with half a pound of Cloves, and near half a pound of Clove-pepper well bruiſed; then draw off your goods gently, and prepare, againſt your Still come to work, 5 pounds of ground Sanders, and 2 pounds of red Archill mixed, and put them into your cann which is to receive the goods, and ſtir 'em up from the bottom, that the Spirits may extract the Tincture; and when it is full, empty it, and ſet it under the worm-pipe again; ſtill ſtirring up the ingredients, till they are all diſſolv'd amongſt your diſtill'd goods, which will run to about 20 gallons for every 30 gallons firſt put into your Still: then take 28 pounds of brown Sugar, and diſſolve it in 12 gallons of liquor, which will make betwixt 14 and 15 gallons, and put it to the goods drawn from the Still, which together will be 35 gallons: being well ſtirr'd and incorporated, let it ſtand in an open-headed tub, with a cock in it till next day, when it will be clear, and may be drawn off, and put by for ſale: All the faeces, or thick dregs at bottom, may be put into the flannel bag gradually, and filtred, or drawn off fine and clear, and then may be put into the hogſhead amongſt the other fine goods, and there be reſerved for ſale.

Red Clove-water.

	l.	*s.*	*d.*
30 gallons of proof Malt-ſpirits at 1 *s.* 6 *d. per* gallon.	2	5	0
9 pounds of Jamaica-pepper at 9 *d.*	0	6	9
18 pounds of ordinary Sugar at 21 *s. per C.*	0	3	10
5 gallons of Elder-juice at 9 *d.*	0	3	9
Coals, and working.	0	1	0
	3	0	4

For ſale.

	l.	*s.*	*d.*
45 gallons of Clove-water at 2 *s.*	4	10	0

Directions for making Clove-water.

All Clove-waters, till of late Years, were generally made of Clove-bark, or of Winter's-bark, called Cortex Winterana; of the former one pound: to every ten gallons double; or 15 gallons ſingle: Cloves being 2 *s.* or 2 *s.* 4 *d.* a pound: and the latter uſed accordingly at 8 *d.* or 9 *d.* a pound: but thoſe Barks were, or became ſo great an abuſe, by being diſtill'd whole, without bruiſing, and afterwards dry'd, cur'd, mix'd, and ſold amongſt better goods, that Diſtillers had recourſe to Clove (which is alſo call'd Jamaica) Pepper, eſpecially ſince it became ſo cheap, which has heretofore been 3 or 4 times the price it now is, which gives the goods an acceptable flavour: it may be alſo made with one ounce of Cloves to every 10 or 15 gallons of double or ſingle Clove-water; which indeed makes the beſt goods, but 'tis ſeldom made uſe of, becauſe of its

its dearneſs: it muſt be colour'd according to directions of double Water, and dulcify'd in proportion; wherein your own palate and experience will very much inform and improve your judgment.

Ordinary red Clove-water.

	l.	*s.*	*d.*
30 gallons of proof Malt-ſpirits at 18 *d.*	2	5	0
10 pounds of Clove-pepper at 9 *d.*	0	7	6
20 pounds of ordinary Sugar at 21 *s.* *per C.* or rather 21 pounds of Treacle at 14 *s.* *per C.*	0	2	7½
6 gallons of Elder-juice at 9 *d.*	0	4	6
Coals, and working	0	1	0
	3	0	7½

For ſale.

	l.	*s.*	*d.*
50 gallons of Clove-water at 1 *s.* 8 *d.*	4	3	4

It is a principal point in the Diſtilling Trade, to keep the kind of every ingredient an intire ſecret: for otherwiſe there are no diſtill'd goods ſo liable to common odium as Clove, eſpecially ordinary Clove-water, which when dulcify'd with Treacle (being of a very deep colour) will require leſs Elder-juice for that purpoſe: wherein your own diſcretion muſt direct what quantity of colouring or dulcifying is moſt convenient, according to the goodneſs of your juices: theſe and all other goods whatſoever, reduced ſo low, muſt have two or three months to meliorate, and become palatable, before they be expos'd to ſale.

No powder of Alum must be put into red goods, but you must let them settle and become clear of themselves, by placing your casks in such a manner as you will have no occasion to meddle with the same, lest they be disturbed and want to be re-settled.

White Clove-Water.

	l.	*s.*	*d.*
30 gallons of proof Malt-spirits at 18 *d.*	2	5	0
8 pounds of Clove-pepper at 9 *d.*	0	6	0
14 pounds of Sugar at 21 *s. per. C.*	0	2	7½
Coals, and working	0	1	0
	2	14	7½

For sale.

	l.	*s.*	*d.*
45 gallons of white Clove-water at 2 *s.*	4	10	0

Directions for white Clove-water.

White Clove-water is so called, not that it is any whiter, or otherwise colour'd than Anniseed, Angelica, or any other such like goods, but only to distinguish it from red Clove-water, which is most in demand in the Country, and the white Clove-water seldom called for, though in vogue at *London*. If you keep any by you, and find it not vendible, you may, when you please, turn it into red Clove-water, by putting a proportionable quantity of Elder-juice to it, according to former directions prescribed in red Clove-water; but you

muſt be ſure to put a ſuitable quantity of Sugar, diſſolved in the goods, to qualify the acidity or tartneſs of the juices; eſpecially when the juices are old, which naturally become more acid; and your palate or judgment muſt direct you herein, by comparing the reliſh or taſte of it with other ſuch like goods of or about the ſame prices.

Double Cinnamon-water.

	l.	*s.*	*d.*
20 gallons of rectify'd proof Spirits at 20 *d.*	1	13	4
4 pounds of beſt Cinnamon at 8 *s.* 6 *d.*	1	14	0
14 pounds of Sugar at 66 *s. per C.*	0	8	3
Coals, and working.	0	0	8
	3	16	3

For ſale.

	l.	*s.*	*d.*
20 gallons of double Cinnamon-water at 8 *s.*	8	0	0

Directions about double Cinnamon-water.

Cinnamon-water is very much eſteemed all the world over, and is moſtly enhanced in its price and value by Apothecaries, who retail it at 16 *s. per* gallon: and in preſcriptions at a much greater price, and is alſo retailed by Diſtillers at or about the ſame price. This water is ſometimes drawn from Moloſſus Brandy, or from finer goods, and ſold out at high prices to perſons of nice palates and judgments, who ſcruple no price for ſuch a commodity.

modity. It is dulcify'd with loaf, and ſometimes with double refin'd loaf Sugar; but what is ſold by Diſtillers is generally drawn from rectify'd Malt-ſpirits; which by keeping a few months, becomes wonderfully mellow, and of an agreeable flavour, and the longer it is kept becomes the better, as do all goods that are of a good body: it is call'd double Cinnamon, purely to make it more valuable to the buyer: for it is a general rule, that all fine goods, which bear a good price and profit, are made proof; becauſe goods reduced become foul and flegmatick.

Cinnamon-water.

	l.	*s.*	*d.*
20 gallons of rectify'd Proof-ſpirits at 20 *d.*	1	13	4
2 pounds of ſmall Cinnamon at 6 *s.* —	0	12	0
2 pounds of Caſſia Lignea at 2 *s.* 4 *d.* —	0	4	8
21 pounds of Sugar at 52 *s. per. C.* —	0	6	6
Coals, and working. —	0	0	8
	2	17	2

For ſale.

20 gallons of Cinnamon-water, at 6 *s.*	6	0	0

Directions about ſecond Cinnamon-water.

Whatever diſtinction is made, in the names of double, ſingle, or ordinary goods, it is chiefly for your own inſtruction and government, and not that

that you are to puzzle your cuſtomers with ſuch terms of art: for perſons of judgment will make the diſtinction themſelves, in their inquiring for, and buying ſuch commodities; or eſpecially in their prices which they will readily give for ſuch goods. But when you are inquired of for Cinnamon-water, or any other ſuch like goods, whereof you keep two ſorts or kinds, which bear a high price, you are always to underſtand their meaning for the cheapeſt ſort of goods, and you are not to heſitate or ſpeak doubtfully to them, as if you had any other, or better goods; which if they ſuſpect or know, they'll not be pleaſed without; or at leaſt will have a worſe opinion of what they would otherwiſe not have ſcrupled.

You muſt bruiſe your Cinnamon and Caſſia, before you put them into your Still.

Caraway-water.

	l.	*s.*	*d.*
30 gallons of proof Malt-ſpirits at 18 *d.*	2	5	0
6 pounds of Caraway-ſeeds at 20 *s. per C.*	0	1	1
14 pounds of ordinary Sugar at 21 *s. per C.*	0	2	7½
Coals, and working	0	1	0
	2	9	8½

For ſale.

	l.	*s.*	*d.*
45 gallons of Caraway-water at 2 *s.*	4	10	0

Directions

Directions for Caraway-water.

If you have a call for double Caraway-water, you may make it after the ſame manner with double Anniſeed-water; only with the difference of the Seeds, by which the goods bear their names or denominations: as Caraway-water, made of Caraway-ſeeds; Anniſeed-water of Anniſeeds, and ſo of all others in like manner. You may probably meet with Caraway-ſeeds in the Gardiner's hands, as well as other things, which you will be capable of buying, by comparing the price demanded of you, with what the ſame coſt here in the foregoing preſcript.

The Sugar uſed in dulcifying all common or ſingle goods, is the cheapeſt that can be bought, and by reaſon of its brownneſs gives the goods an Amber-colour, which is become agreeable enough through long uſage.

But if you are to make goods of a lighter colour, you muſt uſe finer Sugar to dulcify withal, which will make the goods proportionably dearer, and muſt therefore bear a better price than high-colour'd goods.

To make Cherry-brandy.

Cherry-brandy is made different ways, ſometimes by preſſing out all the juice in a preſs proper for Cyder, Cherries, and ſuch like goods; picking out all the ſtones, and ſelling them to Druggiſts, &c. to make Black-cherry-water with, who commonly give as great a price for the ſtones in proportion to what they weigh, as the Cherries firſt coſt; and then caſting away the pulp or skins of

the

the Cherries, and putting as much Brandy to the juices ſo preſſed, as the goods will bear. Which will be double or treble to the juice, according to the goodneſs of the juice: and 2 or 3 pounds of ordinary brown Sugar, muſt be added to every 20 gallons with half an ounce of cloves and Cinnamon beaten ſmall, and put amongſt every ſuch quantity of Cherry-brandy, which may be vended in 2 or 3 Days, but will be abundantly better by longer keeping.

In *London* it is commonly made of old rectify'd ſpirits, and ſold at 3*s.* 6*d.* or 4*s. per* gallon; but according to the uſual price of Cherries, does not ſtand in one half part of the Money. The beſt and moſt uſual way of making Cherry-brandy, is to put your Cherries, being firſt clean pick'd from the ſtalks, into a Veſſel, about half fill'd with the Cherries, and then fill'd up with brandy rectify'd, or rather Moloſſus; the latter being moſt uſed in the country, where Cherry-brandy bears a great price: and when the Cherries have been infuſed 12 or 14 days, you may draw off the goods by degrees, as your occaſion requires, till all the liquid goods are drawn off at the firſt infuſion; then fill up the Veſſel a ſecond time near the top, and let it ſtand about 3 Weeks or a Month to incoporate with the Cherries, and draw off as you have occaſion, till all be come off the Cherries: then gage your Cask to compute what quantity of Brandy will a little more than cover the Cherries; which muſt be with Brandy drawn over anew in the Still, and made one fifth Part ſtronger than proof; and put upon the Cherries to infuſe 5 or 6 Weeks, which by its ſtrength will extract all the juice and virtue out of the Cherries; and when you draw it off for uſe, you muſt put to it a proportionable quantity of Liquor, as the Brandy was above proof. And afterwards the

Cherries

Cherries muſt be preſſed as long as any goods or Brandy is in them, and then caſt away. When you make your Cherry-brandy of the firſt Infuſion, the juice will be beſt, and bear the moſt Brandy mix'd with it, till it be brought to as deep a colour, as to diſcern a candle lighted and held on the other ſide of the glaſs; and if you find it does not taſte well of the Cherries, you may add a little more of the juice, as it's drawn off the firſt infuſion, and then dulcify'd with 2 or 3 pounds of Sugar to every 20 gallons of goods, and in proportion for a larger or leſſer quantity thereof, which by ſtanding a little time will be much more palatable than at its firſt being mixed or made up.

When you draw off your Cherry-juice or Cherry-brandy of the ſecond infuſion, it will be ſomething inferior in goodneſs to the firſt, and will bear leſs Brandy in mixing or making fit for ſale; and will require a little more Sugar to dulcify, and half an ounce of Cinnamon, and half an ounce of Cloves beaten, and put to twenty gallons of Cherry-brandy of the ſecond infuſion; as there muſt be half the quantity of Cinnamon and Cloves in each 20 gallons of the firſt infuſion, and the longer you keep it, it becomes the better.

When you draw off your Cherry-brandy of the laſt infuſion, you muſt not put any more Brandy to it, which it will not bear, but may add about a pint to a gallon of liquor, in conſideration of the ſaid third infuſion being made with ſtronger than Proof-brandy, and dulcify and aromatize it with Cinnamon and Cloves, as order'd in the ſecond infuſion, or a little more if it be needful. What goods are preſſed from the Cherries after their being thrice infuſed, will be of a little thicker body than the ordinary; therefore you may add a little Brandy if it will bear, and dulcify

with

with Sugar, and dry ſpices as before directed, according to your quantity; and after it hath ſtood a few days to ſettle, it will become clear and ſaleable.

It is cuſtomary and practiſed frequently by moſt Diſtillers, to add a fourth or fifth part of Elder-juice to Cherry-brandy, as it is made up for ſale: But it is much better, when about a proportionable quantity is put into your Store-cask, to incoporate with the Cherries and Brandy infus'd together; which quite alters and loſes the flavour of Elder, and becomes perfectly good Cherry-brandy, to all intents and purpoſes; and if you were not privy to its being mix'd, you wou'd not imagine any ſuch thing; but you are herein at your own liberty and choice, whether to uſe, or to omit it.

Raſpberry-Brandy.

Raſpberry-brandy is in leſs demand in the Country than Cherry-brandy is; and is infuſed much after the ſame manner with Cherry-brandy, and drawn off, and made fit for ſale with about the ſame addition of Brandy to what you draw off from the firſt, ſecond and third infuſion, and dulcify'd accordingly, firſt making it of a bright deep colour; but omitting Cinnamon and Cloves in the firſt, but not in the ſecond and third infuſion.

The firſt infuſion will be of a colour deep enough without help or art to it; the ſecond infuſion will be ſomewhat paler, and muſt be made deeper coloured, by adding Cherry-brandy about a quart to ten, or more gallons of the ſaid Raſpberry-brandy; and the third infuſion will take more Cherry-brandy to colour the Raſpberry; which your own judgment will direct you in.

All

All other inſtructions are mentioned in making and compounding Cherry-brandy.

Golden Cordial.

	l.	*s.*	*d.*
11 gallons of proof Spirits rectify'd at 1 *s.* 8 *d. per* gallon	0	18	4
4 pounds of Angelica-roots at 3 *d.*	0	1	0
2 pounds of Raiſins at 4 *d.* ½	0	0	9
1 pound of Coriander-ſeeds	0	0	1½
Half a pound of Caraway-ſeeds	0	0	1½
Half a pound of ſmall Cinnamon	0	3	0
2 ounces of Cloves	0	1	8
Half a pound of Melilot-flowers	0	0	6
1 pound of Figs	0	0	4
1 pound of Liquorice	0	0	8
8 pounds of Sugar at 2 *l.* 12 *s. per C.*	0	3	10
2 quarts of Roſe-water	0	1	0
	1	11	4

For ſale

	l.	*s.*	*d.*
10 gallons of Golden Cordial at 8 *s. per* gallon	4	0	0

Directions for Golden Cordial.

Let your Angelica-roots and Liquorice be thin ſliced, and your Raiſins ſton'd, and Figs cut in pieces, before you put them into the Spirits with your other ingredients: infuſe them all night before you diſtil them, then draw off very gently with a ſlow fire, and no longer than proof; then take your fine Sugar, and diſſolve in clear Spring-

water, with which you make it proof, adding the Roſe-water to the liquor in which your Sugar is diſſolv'd before you put it to the goods drawn from the Still, making the whole up to ten gallons, which muſt be coloured with burn'd Sugar to a fine golden colour, and put it into a cask with a braſs cock to it: let it ſtand 4 or 5 days, until it be perfectly ſettled, and then draw off into another veſſel, in which you intend to keep it.

If you put any into a large ſhop-bottle for ſale, put 3 leaves of gold well broken to pieces, and ſhaken well together, when you pour any out of your bottle.

Some in making of this Golden Cordial, in lieu of the burn'd Sugar, give the Tincture with *Engliſh* Saffron (whereby the Cordial becomes exceedingly richer and better) to a fine citrine or golden colour, adding a portion of Alchermes (either in juice or confection) but as they are both very dear, are wholly omitted by the Diſtillers: yet upon the account of the virtues and richneſs of the flavour, which they impart thereto, I ſhall inſert a Recipe thereof in the ſecond part of this work.

Citron-water.

	l.	*s.*	*d.*
11 gallons of proof Moloſſus-ſpirits at 2 *s.* 7 *d.* ½ *per* gallon	1	8	10½
½ C. of Figs at 1 *l.* 4 *s. per C.*	0	12	0
80 Lemon-peels thin ſliced	0	1	6
10 pounds of double refin'd Loaf-ſugar at 1 *s. per* pound	0	10	0
Coals, and working	0	0	6
	2	12	10½

For

For ſale.

	l.	*s.*	*d.*
10 gallons of Citron-water at 10 *s.*	5	0	0

Directions for making Citron-water.

Let your Figs be the choiceſt that can be got, and ſlic'd, and infuſed all night in the Moloſſus-ſpirits, together with the thinneſt skin or peel that can be par'd or taken off the fineſt and cleareſt Lemons: put about half the quantity (of the Spirits with which your Still is charged) of clear Spring-water into your Still along with the goods; and draw of your goods with a gentle fire, no longer than proof: then take as much Spring-water, as will make up the goods drawn off from the Still to proof, abating as much liquor as the Sugar when diſſolv'd will meaſure to: put your double refin'd Loaf-Sugar into the ſaid Spring-water, and ſet it upon a gentle fire until the Sugar be diſſolv'd; then let it ſtand till it be fully cold: which muſt be then put to the goods drawn off, and well ſtirr'd together and put into a proper veſſel with a braſs cock into it; and ſtand five or ſix days to become clear, and then drawn off into your cask you intend to keep it in.

Plague-water.

	l.	*s.*	*d.*
23 gallons of proof rectify'd Malt-ſpirits at 1 *s.* 8 *d.*	1	18	4
Ingredients, as below	0	1	0
Coals, and working	0	1	0
	2	0	4

For

For ſale.

	l.	*s.*	*d.*
20 gallons of Plague-water at 8*s.* ——	8	0	0

The Ingredients are { Rue, Roſemary, Balm, Carduus, Scordium, Mint, Marigolds, Dragons, Goats-Rue; of each 24 handfuls.

Roots of { Maſterwort, Angelica, Butterbur, Piony, of each 3 pounds; Scorzonera a pound and half: price 10*s. ut ſupra.*

Directions in making Plague-water.

It is called Plague-water, becauſe of its being a ſovereign antidote or remedy againſt it, as againſt the Cholick, Gripes, Faintings, Ill-digeſtion, *&c.* and has a peculiar virtue to diſpoſe one to ſleep.

The beſt ſeaſon to make it is in the month of June, when all the Herbs are at their firſt and full growth; becauſe the ſecond crop hath not the virtue and efficacy of the firſt: and it is meliorated by keeping; ſo that you muſt make as much then, as will ſerve for a whole year's ſale: or if it be kept longer, 'twill be ſo much the better; as will all goods that are made high proof: as, Plague-water muſt be in a peculiar manner, becauſe ſo great a quantity of Herbs and Roots does extremely lower, or reduce the body or ſtrength of your Spirits. Draw it off from your Still very gently, and no longer than proof. Be ſure you make it, and all fine goods, high proof; which cauſes them to be, and taſte, far more clean, and agreeable to the palate.

Aqua-mirabilis.

	l.	s.	d.
11 gallons of proof Malt-spirits at 1 s. 8 d. per gallon	0	18	4
Sage, Betony, Balm, Cowslip-flowers, Mint; of each 6 handfuls: Cubebs, Galingal, Ginger, Calamus Aromaticus; each 6 ounces. Nuts, Cloves, Cardamom-seeds, each 2 ounces	0	7	6
Coals, and working	0	0	6
	1	6	4

For sale.

	l.	s.	d.
10 gallons of Aqua-mirabilis at 8 s.	4	0	0

Directions for Aqua-mirabilis.

This Cordial is properly enough called Mirabilis, because of its wonderful good qualities and effects; being preventive of Apoplexies, Convulsions of the Nerves, and Palsies; strengthening the heart and stomach against Faintings and Coldness there; and because of the great variety in mens palates, it is sometimes made plain, and sometimes dulcify'd with fine Lisbon-Sugar (or rather double refined Loaf) half a pound to every gallon, and set in an open-headed cask with a cock in it, 'till it become clear; and then put by into your cask for sale.

Apothecaries, Druggists, &c. make it without Herbs, or with very few, according to their Pharmacopœia; and according to their usual custom,

decry all that prepare it otherwiſe; but their objections are of ſmall force.

You muſt (as I before hinted) never diſcover what ingredients you uſe, or do not uſe: for all ſuch myſteries are to be a profound ſecret, and neither aſſert, nor deny, whether this, that, or the other ingredients be made uſe of.

Hungary-water.

	l.	*s.*	*d.*
7 gallons of proof rectify'd Malt-ſpirits at 1 *s.* 6 *d.*	0	10	6
12 handfuls of Roſemary and Lavender-tops	0	1	6
	0	12	0

For ſale.

	l.	*s.*	*d.*
6 gallons of Hungary-water at 5 *s.*	1	10	0

Directions for making Hungary-water.

The Queen of Hungary's Water (ſo called) is beſt made in the ſummer-ſeaſon, when the ingredients are at the beſt: the thickeſt of the ſtalks are to be cut off, and caſt away; and the other to be put into the Still, drawing no longer than proof; and it muſt be made high proof for ſale: it is uſually put up and ſold in long phials purpoſely made for the ſame; and a title put upon each bottle in French, Italian, or ſome other foreign language; and ſold at 3, 4, or 6 *s.* a dozen; and retail'd at double and treble prices: the bottles are as valuable as the goods, and the

titles coſt but a ſmall matter, being ſold at 9 *d.* a quire; and every ſheet has abundance of titles upon it, which are put upon the bottles with a little ſtarch or paſte.

It is very much in requeſt amongſt the Gentry, who pay well for it; and being good proof, will be the better for keeping; and the bottles muſt be well cork'd.

Your ſtock in hand will be beſt kept in large bottles.

Lemon or Orange-water.

	l.	*s.*	*d.*
20 gallons of rectify'd Spirits at 1 *s.* 8 *d.* a gallon	1	13	4
6 pounds of Lemon or Orange-peels dry'd	0	2	0
7 pounds of Sugar at 2 *l.* 12 *s. per C.*	0	3	3
Coals, and working	0	0	6
	1	19	1

For ſale.

	l.	*s.*	*d.*
20 gallons of double Orange or Lemon-water at 4 *s. per* gallon	4	0	0

Directions for Orange-water, &c.

Lemon-water is not near ſo much in requeſt as Orange-water, nor indeed is it ſo pleaſant or grateful to the palate as Orange: they are not much known, or uſed in the country; but the agreeable reliſh, or flavour thereof, will make it much preferable to the double or ſingle Aniſeed, Clove, Angelica, or ſuch like goods: I mean

mean Orange, especially double Orange, which is sold much dearer than any other such like goods; purely to get an opinion in the buyer, that it is a more rich and valuable Commodity; and the more to keep up its reputation, as well as the temptation of a greater profit thereby.

The skins or peels must be all of the Sevil, and none of the China Oranges; and must be kept very dry, or they will grow damp and putrefy'd, and not fit to be used.

If you buy or procure green Orange-peel, you must spread it very thin in a dry chamber, and turn it oft, and not put it by for use, 'till exceedingly well dry'd.

To make Punch.

	l.	s.	d.
8 gallons of proof Molossus-spirits at 2 s. 7 d. ½ per gallon	1	1	0
10 gallons of liquor	0	0	0
1 gallon and a quarter of Lime-juice at 2 s. per gallon	0	2	6
Half an ounce of Ising-glass	0	0	2
6 pounds of Sugar at 2 l. 12 s. per C.	0	2	9
	1	6	3

For sale.

	l.	s.	d.
20 gallons of Punch at 2 s. 6 d.	2	10	0

Directions in making Punch.

When you are to make Punch, the preceding day before you make it, take half an ounce

of Ifing-glaſs, beat it all to pieces in a mortar, or with a hammer: then infuſe it in a pint of Lime-juice for 24 hours: then put a pint more of the juice to that which is infuſed, which will be all in a jelly; take a ſmall white-wand Whiſker, and put it into what your forcing is in, and brew it; viz. rub or rowl the whiſker with both your hands in the jelly, 'till it become all a froth; then ſtrain it forcibly through a coarſe harden cloth, and caſt away what ſtays behind in the cloth; and ſet by your forcing; then put the gallon of juice into a clean open tub, diſſolve your Sugar in it; then put to the 10 gallons of liquor, and ſtir all well together, which is called Shirbeck; after that add to your Brandy; and laſt of all, the forcing: all which being well ſtirr'd together, may be put into the veſſel it is to be kept in; and next day it will be fit to drink.

Mint-water.

	l.	*s.*	*d.*
20 gallons of proof Malt-ſpirits at 1*l.* 6*d.*	1	10	0
6 large handfuls of Mint	0	0	6
3 pounds of Sugar at 1*l.* 1*s. per C.*	0	1	8¼
Coals, and working	0	0	8
	1	12	10¼

For ſale.

	l.	*s.*	*d.*
50 gallons of Mint-water at 2*s.*	5	0	0

Directions

Directions for Mint-water.

Mint-water may perhaps not be in any great demand in the country; but upon recommending it, as well from the novelty, as the pleasantness of the commodity, you may meet with sale enough for it, especially in great and populous towns, where a far greater variety of all distill'd goods are call'd for, than in small villages, where commonly the most known and vulgar liquors are made use of.

If any double Mint-water be demanded, you may make it as you do other distill'd goods (double I mean): but remember that double goods must have finer Sugar to be dulcifyed with than single goods; which makes them more fragrant to the taste, and more beautiful to the eye: and your customers must not know but all double distill'd goods so call'd are twice distill'd, or drawn over from your Still.

Lime-juice.

	l.	s.	d.
5 gallons of liquor	0	0	0
5 dozen of prick'd Lemons at 6 d.	0	2	6
2 ounces and half of Spirit of Vitriol	0	0	7½
	0	3	1½

For sale.

	l.	s.	d.
5 gallons of Lime-juice at 2 s. 6 d.	0	12	6

Directions for making Lime-juice.

Lime-juice, according to theſe directions, is ſaid to be unwholeſome; but that may be from prejudice againſt Vitriol, which is known by all the practitioners in Phyſick to be a moſt wholeſome and ſafe medicine; and that for its numerous virtues, which I could here enumerate; therefore that is an error grounded on no reaſon. When you make the liquor for Lime-juice, you may take double the quantity of water you intend to make of juice, and put 3 or 4 pounds of Lime-ſtone to it, and ſtir it about 'till the Lime be diſſolv'd, and let it ſtand 'till next day: Then pour off gently as much as is the quantity you intend for juice, which will be very clear; and to every gallon of liquor, or Lime-water, add one dozen of prick'd Lemons thin ſlic'd, and all the decay'd part firſt cut away; and let them be often well ſtirr'd, and infuſed till next day; then ſtrain off all the goods, which muſt ſtand till they be clear and drawn into a veſſel to keep for ſale or uſe; adding to every ſuch gallon of goods half an ounce of Oil or Spirit of Vitriol to be incorporated therewith, by drawing a gallon or two into a Can, and mixing the ſame now and then with the whole quantity.

The common and uſual proportion of Lime-ſtone uſed in this and other diſtill'd Goods, is about a pound to a gallon, or 5 quarts of water; which ſtir well about till the Lime-ſtone be diſſolv'd: let it ſtand all night, and then pour off the clear liquor for uſe.

Ratafia.

	l.	s.	d.
10 gallons of Moloſſus Brandy at 2 s. 7 d. ½	1	6	3
5 pounds of Liſbon Sugar	0	13	1½
Half pound of Nuts at 12 s. *per* pound	0	6	0
5 pounds of bitter Almonds at 10 d.	0	4	2
10 grains of Ambergreaſe at 3 d.	0	2	6
	2	2	0½

For ſale.

	l.	s.	d.
10 gallons of Ratafia at 8 s.	4	0	0

Directions for making Ratafia.

Ratafia is not much in demand, ſave in ſome particular places where it has gain'd a great Reputation; and where to make it more vendible the vender oft-times pretends to be run out; that it comes from the Iſle of Man, and is not to be had without much difficulty, purely to make the buyer the more to value and eſteem it, and to buy the more at a time, leſt a ſupply were not to be had when there ſhould be moſt occaſion.

You muſt bruiſe in a mortar the bitter Almonds and Nuts, and then put them into your Brandy; and let your Ambergreaſe be well mix'd into the Liſbon, or fineſt moiſt Sugar; which muſt be all infus'd together in the Brandy 5, 6, or 7 days together, oft-times ſtirring up the ſame; and when you find it to taſte well of the ingredients, ſtrain, or pour off the Brandy from the ingredients; and let it ſtand in another veſſel with

a cock

a cock in it; and when it is fine, put it into your caſk wherein it is to be kept.

Cyder.

	l.	*s.*	*d.*
14 pounds of Malaga-Raiſins at 24 *s.* *per C.*	0	3	0
6 gallons of liquor	0	0	0
	0	3	0

For ſale.

	l.	*s.*	*d.*
6 gallons of Cyder at 2 *s.*	0	12	0

Directions for Cyder.

You need not pick the ſtalks from the Raiſins, but waſh them in 4 or 5 waters, until the water run from them very clear: Then put them into a clean open-headed caſk, and put to them 6 gallons of liquor that will bear Soap, and cover it very well up; and let it ſtand 10 days: then draw it off from the fruit into another clean veſſel, having a braſs cock in it; and in 3 or 4 days time it will be clear, and fit to be drawn into bottles, and in 7 or 8 days more it will be fit for drinking.

But as there is a duty upon Cyder, you muſt not make any for ſale, but for your own and family's uſe: And to avoid all manner of umbrage, you may give it any other name, when you treat your friends with it. And when your goods are all drawn off, let your Raiſins ſtand or remain dry in the caſk, to become acid in 14 days for Vinegar.

Surfeit-

Surfeit-water.

	l.	*s.*	*d.*
11 gallons of rectify'd Malt proof Spirits at 1 *s.* 8 *d.*	0	18	4
Ingredients, as below, from the Gardener	0	3	4
——— from the Druggist and Grocer	0	3	2
	1	4	10

Herbs from the Gardener { Centaury, Marigolds, Mint, Rosemary, Mugwort, Scordium Rue, Carduus, Balm, Dragons, St. John's wort, each 8 handfuls. } 0 3 4

Roots { of Angelica, Butterbur, Piony, Scorzonera; of each a pound and half. ——— }

from the Druggist and Grocer { Calamus Aromaticus, Galingal, Angelica-seeds, Caraway-seeds, of each 4 ounces: Ginger 2 ounces, red Poppy-seeds 2 ounces, 6 pounds of Sugar at 4 *d. per* pound. } 0 3 8

For sale,

	l.	*s.*	*d.*
10 gallons of Surfeit-water at 8 *s.* ———	4	0	0

Directions

Directions for Surfeit-water.

You muſt endeavour to make your Surfeit-water for your whole year's ſale when the Herbs are at their prime growth, bruiſing your ſpices or ſeeds, and cutting your Herbs, and mixing all well together, before you put them into your Still, that one thing may not be predominant over another, but all be duly qualified, and one ingredient proportionable in taſte and flavour with another; and it muſt be drawn off no longer than Proof, and made up and dulcify'd in an open-headed tub, to ſtand five or ſix days to become fine, and then to be put into your caſk for uſe.

If your cuſtomers deſire it of a red colour, which ſome do, and ſome do not, the fineſt and nobleſt way of colouring it red, is to take one ounce of Cochineal bruiſed, put into a linen-cloth, and hang it at the end of your worm, when you diſtil the goods, and by running through the cloth it will extract all the tincture: but an eaſier and cheaper method is by putting ſome Cherry-juice or Brandy to the goods, which will give it a delicate colour.

Dr. Stephens's water.

	l.	*s.*	*d.*
11 gallons of rectify'd proof Malt-ſpirits	0	18	4
Ingredients, as below	0	10	4
	1	8	8

Thyme,

	l.	s.	d.
Thyme, Mother of Thyme, Sage, Pennyroyal, Pellitory of the wall, Roſemary, Red-roſes, Chamomile-flowers, Origanum, Lavender, Mint, of each 4 handfuls	0	0	2
Ginger, Galingal, Cinnamon, Nuts, Aniſeeds, Carāways, each 2 ounces	0	3	4
5 pounds of Sugar at 8 *d.*	0	3	4
2 leaves of gold in every gallon as you make it fit for ſale	0	1	8
	0	10	6

For ſale.

	l.	s.	d.
10 gallons of Dr. Stephens's water at 6 *s.*	3	0	0

Directions for Dr. Stephens's water.

It will be the beſt ſeaſon to make Dr. Stephens's water (which is in great demand in London) in June only, when herbs are at their full prime, and muſt be drawn over, with a very moderate fire, and no longer than it is proof; and as all other fine goods, it will be abundantly better for keeping, after it is made up, and dulcify'd with fine Sugar: Let it ſtand 5 or 6 days in an open-headed veſſel, with a braſs cock in it, and when it is perfectly fine, draw it off gently into the caſk you intend to keep it in all the year: But foraſmuch as you muſt have ſtandard bottles for keeping and ſelling ſmall quantities of Dr. Stephens's, and other fine cordial Drams, you muſt, when you fill your ſtandard Bottles of Dr. Stephens's

Stephens's water, put to every gallon thereof 2 leaves of gold, diffever'd with the feather end of a quill, and ſhaken well up, when you pour out any for ſale; ſome few Perſons chuſe to drink it and other fine cordials undulcifyed.

Fine Uſquebaugh.

	l.	*s.*	*d.*
6 gallons of proof Moloſſus-ſpirits at 2 *s.* 7 *d.* ½ *per* gallon	0	13	1½
6 gallons of proof rectify'd Malt ſpirits at 20 *d.*	0	10	0
Mace and Cloves each one ounce and a half	0	3	9
Nutts 4 ounces and a half Cinnamon 3 ounces	0	5	1½
Coriander-ſeed, Ginger, each 3 ounces	0	0	3
Cubebs 1 ounce and a half	0	0	4½
Raiſins 4 pounds and a half	0	4	6
Dates 3 pounds	0	4	0
Liquoriſe 2 pounds and a quarter	0	1	6
Beſt Engliſh Saffron 4 ounces and a half	0	11	3
10 pounds Liſbon Sugar at 7 *d.* ½	0	6	3
	2	17	1½

For ſale.

	l.	*s.*	*d.*
10 gallons of fine Uſquebaugh at 20 *s.* *per* gallon	10	0	0

Directions

Directions in making fine Usquebaugh.

Charge your Still with the Brandy, Mace, Cloves, Nutts, Cinnamon, Coriander-seeds, Ginger and Cubebs, adding 5 or 6 gallons of liquor, and draw off your goods very gently, and no longer than proof; and against your Still comes to work prepare ready the *English* Saffron, well dissever'd and put into a linen cloth, and hung at the worm's end; whereby all the goods running through the Saffron (which must be oftentimes turn'd over and over) all the tincture will be extracted, and run amongst the distill'd Goods.

In the interim take the Raisins and Dates and stone them, and scrape the Liquorise, and slice them all very thin, and put 'em into an earthen pot, with three gallons of liquor, and covered with thick cap-paper, and set to stand in a moderate oven 5 or 6 hours; then let it stand 'till it be fully cold, and strain it into the goods drawn from the Still, and with liquor make up the ten gallons wanting from the Still, dissolving your Sugar therein, and add it to your goods, which when well mix'd together must stand 8 or 10 days in a cask with a cock in it, to become clear, and then put into your cask for sale.

Usquebaugh.

Uſquebaugh.

	l.	*s.*	*d.*
11 gallons of rectify'd proof Spirits —	0	18	4
Nuts two ounces —	0	1	8
Cloves 2 ounces —	0	1	8
Cinnamon 2 ounces —	0	1	2
Aniſeeds 4 ounces —	0	0	2
Caraway and Coriander-ſeed each a quarter of a pound —	0	0	1½
Liquoriſe half a pound —	0	0	4
6 pounds of Sugar at 32 *s. per C.* —	0	1	9
Engliſh Saffron 2 ounces —	0	5	0
Coals, and working —	0	0	6
	1	10	8½

For ſale.

	l.	*s.*	*d.*
10 gallons of Uſquebaugh at 6*s.* —	3	0	0

Directions for Uſquebaugh.

When you make fine or common Uſquebaugh, be ſure you bruiſe all your ſpices and ſeeds before you put them into your Still, and draw off no more from your Still than proof goods, as is, or muſt be, a conſtant and ſtanding rule in making all manner of fine goods; and your Liquoriſe muſt be alſo ſliced or bruiſed; and againſt your Still come to work, you muſt have ready your Saffron, rubb'd or pull'd to pieces (call'd properly diſſeveration) and put it into a large linen cloth, and hang it at the end of your worm, to receive all the goods as they come from the Still,

Still, and ſo drop into your Cann, often turning and teazing the Saffron, that the goods may the better extract all the tincture: If any thing be left in it, take a pint of liquor, and put the Saffron to it in an earthen pot, that muſt ſimmer an hour over a gentle fire, and preſs all the virtue that remains into the goods, diſſolve your Sugar, which makes your goods proof, and let it ſtand two or three days to be cleared for ſale.

Vinegar.

	l.	*s.*	*d.*
3 or 4 gallons of liquor ———	0	0	0

For ſale.

	l.	*s.*	*d.*
3 gallons of fine pale Vinegar at 12 *d.*	0	3	0

Directions for making Vinegar.

When the Raiſins, of which your Cyder was made, have remained dry in the veſſel for fourteen days to become ſour or acid, from the time your Cyder was drawn off; then put of the ſame liquor, of which your Cyder was made, as much as will cover the Raiſins and appear at the top of them; and let it ſtand fourteen days infuſing, in which time it will become ſmart vinegar; and may be then bottled off, being fit for uſe, and the longer it is kept, 'twill be the better. Caſt away the Raiſins, where the gager may not take notice of them, leſt he ſuſpect your uſing them in an illegal way, as in rectification, *&c.* which is prohibited under a ſevere penalty; nor are you to ſell

the vinegar ſo made, becauſe it is ſubject to a duty, but what you make for your own uſe is not cognizable by any Officer.

To make Elder-juice.

When you make Elder-juice let your berries be fully ripe, and all the ſtalks (which are very many) be clean picked from them; then if you have a preſs for drawing all the juice from them, have ready four or five hair Cloths ſomewhat broader than your preſs, and lay one layer above another, having a hair cloth betwixt every layer, which muſt be laid very thin, and preſſed firſt a little, and then more and more, till your preſs be drawn as cloſe as you can; then take out the berries, and preſs all you have in the like manner; then take your preſſed berries, and break out all the lumps, and put them into an open-headed veſſel, and put upon them as much liquor as will juſt cover them, and let them infuſe ſo for ſeven or eight days, and put your beſt juice into a caſk proper for it to be kept in, and put one gallon of malt-ſpirits not rectified to every twenty gallons of Elder-juice, which will effectually preſerve it from becoming ſour for one or two years at leaſt: I mean your Elder-juice of the firſt Drawing.

In *London*, where Elder-berries are ſcarce and dear, they are infuſed in liquor as above, and preſſed a ſecond time after the lying in the ſaid liquor ſeven or eight days, and preſſed after the ſame manner as the former, and the liquor put into a caſk by itſelf; and one gallon and a half of Proof-ſpirits put to every twenty gallons; and proportionably for a greater or leſſer quantity, which by ſtanding ſome months becomes a pretty good commodity.

But

But in the country where Elder-berries are plentiful and cheap, a preſs is not always made uſe of, but an open-headed veſſel like a maſhing tub, with a large hole at the bottom, and a piece of brick laid upon it; and the Elder-berries preſs'd with your hands into a pulp, and caſt into the ſaid veſſel, and the juice will run through the hole at the bottom into a trough, or any other thing ſet under to receive it, and the berries are preſs'd no otherwiſe.

Colouring for Brandy.

There are divers ways of colouring Brandy, according to the ſeveral fancies and humours of countries and cuſtomers; for Brandies firſt made are as clear as liquor, and grow or become higher coloured by long keeping: But are artfully and ſpeedily made of any colour by ſeveral ingredients; as for inſtance,

To make Brandy of a light ſtraw colour; half a pound of Turmerick powder diſſolved in a Cann of ſpirits or Brandy, and put into the whole piece of goods and ſtirred well together will colour the whole piece.

Another more uſual way is to compute what quantity you have to do, and put three quarters of a pound of Treacle to every twenty gallons of Brandy, and more or leſs to every larger or leſſer parcel, diſſolving the Treacle in a little of the Brandy in a Cann, or any convenient veſſel, and putting it to the whole quantity; which like the leven in a lump communicates it ſelf through the whole.

But the beſt and moſt celebrated way of giving an immediate colour or tincture to Brandy, is

by having always by you a quart of burn'd Sugar of the conſiſtence of Treacle; (or ſyrup of Elder may in lieu of it be ſubſtituted) which gives an admirable colour to the goods, and may be made deeper or lighter, by putting more or leſs thereto as you ſee occaſion, and putting it into the whole quantity you intend to colour.

To make a light bright red.

When you have occaſion for this colour, you muſt take two pounds of red Sanders, and one pound of red Archil well mixed together, and put it to four gallons of proof Malt-ſpirits; which by a gentle heat diſſolve, or extract all the tincture, continually ſtirring it all the while of the ſolution or extraction of the ſaid tincture; which done, ſtrain it whilſt warm through a coarſe cloth or hair ſieve, and if you find it neceſſary you may add or put in four or five pounds of Sugar at the firſt infuſion.

A quart of this mixture, or infuſion, will colour ſix or eight gallons of other goods as you have occaſion.

Alkanet-root imparts a beautiful red colour to any ſpirituous liquor; and that immediately, by only a ſimple and cold infuſion; without communicating any diſagreeable taſte or ſmell thereto: Which by age inclines to a bright golden or amber colour.

Syrup

Syrup of Elder.

	l.	*s.*	*d.*
1 gallon of Elder-juice	0	1	0
8 pounds of fine Sugar at 6 *s.* 6 *d.* *per C.*	0	4	1¼
	0	5	1½

For ſale.

	l.	*s.*	*d.*
12 pounds of Syrup-elder at 12 *d.*	0	12	0

Directions for Syrup of Elder.

When you make your Syrup of Elder, you muſt firſt put your juice into a braſs pan, *&c.* that will hold twice as much, and ſet it upon a clear but ſlow fire, adding the white of an egg (beaten up to a froth) as ſoon as it begins to boil, ſkim it as long as any ſkim appears upon the top of it, then put (to the ſaid clarified juice) your Sugar, which is one pound to every pint of juice; and let them boil very moderately together 'till it comes to a proper conſiſtence, which is known by dropping a little upon your nail; and if it ſtand thereon, without ſpreading it ſelf farther, it is enough: Let it ſtand till it be fully cold, and then put it into glaſs bottles, cover'd only with paper, pricked full of holes, and ſo kept for uſe.

Wormwood-water.

	l.	*s.*	*d.*
30 gallons of proof Malt-ſpirits at 18*d.*	2	5	0
10 pounds of dried Wormwood ———	0	0	8
5 pounds of Sugar at 21*s. per C.* ———	0	0	11
Coals, and working ———	0	1	0
	2	7	7

For ſale.

	l.	*s.*	*d.*
45 gallons of Wormwood-water at 2*s.*	4	10	0

Directions for making Wormwood-water.

Wormwood-water is in good demand in the Country, being ſold and made uſe of, ſimply and purely by it ſelf.

But in *London* it is commonly drunk with other goods, by putting a ſmall and inconſiderable quantity of it amongſt other liquors, which receive a particular flavour and agreeable reliſh thereby.

There is no certain rule for the quantity of Wormwood; becauſe Wormwood that is very dry, and ſhaken, or removed from place to place, will loſe moſt of its ſeed, wherein its ſtrength lies; and beſides perſons palates differ ſo much (as one man's meat is another's poiſon) that your own diſcretion and experience will direct you, after you have once or twice follow'd the preſcription as above directed.

And

And you must remember at the season of the year to procure as much as will serve for a year's use; and dry it perfectly well by hanging it on lines, and then lay it by for use.

Spirits of Wine.

	l.	s.	d.
20 gallons of proof Malt-spirits at 18 d.	1	10	0
6 pounds of Bay-salt at 2 d.	0	1	3
Coals, and working	0	2	0
	1	13	3

For sale.

	l.	s.	d.
10 gallons of Spirit of Wine at 6 s.	3	0	0

Directions for making Spirit of Wine.

When you make spirit of wine charge your Still not only with double the quantity of spirits, to what you intend for Spirit of wine, but a few gallons more of Spirits, as four, five or six gallons; that the bottom of the Still may not be burned: (*viz.*) charge your Still with twenty four gallons, (in lieu of twenty) and put thereto two pounds of Bay-salt, which will of it self dissolve in the Still; draw it off gently, till the colour of the goods change, which will be about two third parts of the goods, (*viz.* sixteen gallons:) Then draw off the faints, and put them amongst the other faints; damp your fire, empty your Still, and charge it again with the rectify'd Spirits new drawn off, and free from faints; and put other two pounds of Bay-salt thereto, and lute up your

Still again, and draw it off with a very gentle fire and when the proof's gone, put what is left in the Still amongſt your faints; damping your fire, and charging your Still again a third time with no more than your ſtrong goods, laſt diſtill'd; to which add the laſt two pounds of Bay-ſalt, and ſo lute up your Still very well, and take a ſpecial care in drawing it over a third time, leſt any candle ſhould ſet it on fire (and endanger the burning of your Still-houſe, *&c.*) and let your fire be ſo ſlow as the goods may run like a ſmall thread: And when as much is come off as makes up the quantity you intend to make, damp or extinguiſh your fire immediately; and put all the goods together, ſtirring and mixing them very well; and emptying what's left in the Still, and uſing it for common waters: And for proof of your Spirit of Wine, put a little Gun-powder in a ſpoon, which fill up with Spirit of Wine, then ſet the Spirits on fire, and if they be perfectly deflegmated they will burn dry, and blow up the Gun-powder.

Royal Geneva.

	l.	*s.*	*d.*
30 gallons of proof Malt-ſpirits at 18 *d.*	2	5	0
7 pounds of Juniper-berries at 3 *d.* ——	0	1	9
Coals, and working —— ——	0	1	0
	2	7	9

For ſale.

	l.	*s.*	*d.*
30 gallons of Royal Geneva at 2 *s.* 4 *d.*	3	10	0

Beſt

Beſt Geneva.

	l.	s.	d.
30 gallons of proof Malt-ſpirits at 18 d.	2	5	0
8 pounds of Juniper-berries at 3 d.	0	2	0
Coals, and working	0	1	0
	2	8	0

For ſale.

	l.	s.	d.
35 gallons of beſt Geneva at 2 s.	3	10	0

Geneva.

	l.	s.	d.
30 gallons of proof Malt-ſpirits at 18 d.	2	5	0
10 pounds of Juniper-berries at 3 d.	0	2	6
Coals, and working.	0	1	0
	2	8	6

For ſale.

	l.	s.	d.
45 gallons of Geneva at 20 d.	3	15	0

Obſervations upon Geneva.

Geneva hath more ſeveral and different names and titles, than any other liquor that is ſold here: as double Geneva, royal Geneva, celeſtial Geneva, Tittery, Collopia, Strike-fire, &c. and has gain'd ſuch univerſal applauſe, eſpecially with the common people, that by a moderate computation,

tion, there is more of it in quantity ſold daily in a great many Diſtillers ſhops, than of Beer and Ale vended in moſt publick houſes, with this farther advantage, that Geneva is ſaleable the next day after its being diſtill'd, which is not to be practis'd in the others: However, it wonderfully improves by keeping, eſpecially when it is full proof, inſomuch that ſome perſons diſtilling Geneva from rectify'd Malt-ſpirits, with the uſual quantity of Juniper-berries, and laying the goods by for eight or nine months, the ſame has meliorated, and become ſo mellow a commodity, that it has been ſold at double price in parcels, and been preferable to other liquors of dearer prices.

Directions for ordering Juniper-berries.

It is moſt for your intereſt to buy the beſt Juniper-berries that can be procured; I mean ſuch as have been firſt gather'd at their full growth and maturity; which far excel thoſe that are gather'd green or unripe, and ſo became black, or ſaleable only by artful means, but have nothing like the ſubſtance and flavour of the beſt ripe Berries: And the Geneva made of the ſaid beſt Berries is incomparably better, ſweeter, and of a more grateful flavour, than what is diſtill'd from ordinary Berries. There are ſeveral ways of preſerving or keeping Juniper-berries for the whole year, *viz.* after their being firſt gather'd, lay them pretty thin by ſpreading them upon a boarded floor, leaving the windows or doors open to convey more air, that the Berries, by turning them once a day may become fit to pack, either in barrels

or bags, without the danger of heating, when you have occaſion of ſending them any ways abroad: But what Juniper-berries are for your own proper uſe, and for a whole year's conſumption, you may put or pack up in any liquor-barrels or hogſheads, which are tight and will hold any liquor without leakage; which no wind or air coming or getting to, by keeping the bungs alſo corck'd up, 'twill preſerve your Berries as black, bright and plump, as at the firſt; you may let your caſks lie along any dry ground-room floor; and by opening your bung may ſee the condition they are in; which will be worſt next the bung by the air coming to what lies next it, ſo to be at your pleaſure taken up.

Another, and more uſual way of ordering them is, to let them lie upon a Chamber or loft-floor, and when by often turning they are become ſufficiently dry and beyond any danger of heating, you may put them all together in a heap in a corner of the ſaid room, as is done with corn in a barn-floor; and ſo uſe them as you have occaſion.

But becauſe the Berries, by long lying on a boarded floor, will become much drier and lighter, than at firſt; you may take the quantity you diſtil at once, being firſt weigh'd according to the preſcription, and put them into a meaſure that's as near the ſize as poſſible to your Berries, before they became wither'd and dry'd; and obſerve well, by marking or otherwiſe, how far your meaſure is fill'd, and you may afterwards, as long as that parcel of Berries laſts, make that your ſtandard; without weighing them any more for the ſaid quantity.

Directions

Directions for preſerving Juniper-berries.

The ſame method is exactly follow'd and made uſe of in another way of keeping your Berries; which is, to put them immediately after their being firſt gather'd into a large tight caſk, near full with your Berries, and then putting Proof-ſpirits upon them, which preſerves all their firſt ſubſtance, and prevents all ſmack and ill ſavour to which they are otherwiſe ſubject, when they are not gather'd fully ripe and dry: and take up the cover, when you have occaſion for any, and meaſure them out dry, according to the meaſure you obſerved they were of when you weigh'd and meaſur'd them before their infuſion; and as your Berries ſink in the caſk, you muſt draw off your Spirits with a braſs cock, put into the ſaid caſk, always keeping your Spirits of an equal height with your Berries, and uſing the Spirits as you draw off for the Geneva you then diſtil. But for thoſe who live in the country, where Juniper-Berries are both good and cheap; (for the other methods are uſed in *London*, becauſe of the dearneſs and badneſs of Juniper-berries; in which commodity the greateſt frauds poſſible are made uſe of; in their being gather'd green, not half ripe, and wanting at leaſt a year's growth of their full ripeneſs and maturity; in their being ſweated and ripen'd by putting in ſtoves, kilns, or ovens, and artfully colour'd, and ſo mix'd with good goods, whereby the whole is adulterated, and becomes a downright wrong, and oftentimes a great loſs to the perſon that makes uſe of them) I adviſe you to be careful in procuring your

Berries

Berries of perſons, whoſe report you can depend upon of their being gather'd at their full ripeneſs: lay them pretty thin on a loft-floor, turn them often 'till they be pretty dry, then may you lay them in a bulk, and conſtantly weigh them as you have occaſion; and if you ſhould obſerve them to heat or ſweat, when they lie in a greater quantity together, then ſpread them abroad thinner on the floor, and ſo you will recover or preſerve them always ſweet and well-ſavour'd, and always have Geneva of a true flavour, guſt and reliſh.

Cardamom, or All-fours.

	l.	*s.*	*d.*
30 gallons of proof Malt-ſpirits at 1 *s.* 6 *d.*	2	5	0
3 pounds of Clove-pepper at 9 *d.*	0	2	3
3 pounds of Caraway-ſeeds	0	0	7
3 pounds of Coriander-ſeeds	0	0	4
3 pounds of Lemon-peels at 4 *d.*	0	1	0
14 pounds of ordinary Sugar at 21 *s.* *per C.*	0	2	7½
Coals, and working.	0	1	0
	2	12	9½

For ſale.

	l.	*s.*	*d.*
45 gallons of Cardamom at 2 *s.*	4	10	0

Directions

Directions for making Cardamom, or All-fours.

In this liquor, any one, or more of the Ingredients may be omitted or alter'd, and another thing that's cheaper may be ſubſtituted: as for Clove-pepper, you may uſe Angelica-ſeed or root, or Mint; or for Lemon you may uſe Orange-peel, or wholly omit any particular that is predominant, or diſagreeable in its flavour; and add proportionably in a great quantity of the other ingredients. You may reduce it lower by adding more liquor, and adding a greater quantity of the ingredients, as in Aniſeed-water: let it ſtand two or three months before you uſe or expoſe any of it to ſale.

THE

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THE

THE DISTILLER's Directory.

1.

IN rectifying and diſtilling compound goods, a ſmaller Still is known to make a cleaner and better commodity than one that's larger; and one that's half a hoghead gage, over and above your hand breadth depth from the edge or top of your Still, is accounted the fitteſt ſize for a moderate trade, both as it may be managed without fatigue, and as it produces encouraging profit much ſuperior to the fund it requires.

2.

When you erect and place your Still, and other utenſils thereto belonging, let it be, if poſſible, in a building, out-houſe, or ſhed, ſeparate from, but near adjoining to your dwelling-houſe, or ſhop, to prevent any hazard which may ariſe

by fire, to which all ſpirituous goods are liable; and no otherwiſe to be extinguiſhed, but with a woollen blanket or rug, drench'd in water, and caſt upon the flame.

3.

Let your work-houſe be large enough, not only in regard to your Still, Worm-tub and Pump, which muſt be all placed in a row, or ranged together, to contribute to your working with eaſe and pleaſure; but becauſe your Spirits which are for diſtilling, muſt lie in ſome proper place or part of your work-houſe, to be near at hand to charge your Still with, and at ſome reaſonable diſtance from the fire; and alſo that you may have room enough for placing all your empty veſſels, tubs, canns and other utenſils properly belonging to the diſtilling trade, to have them near at hand on all occaſions; and let your Still-houſe floor be paved with broad ſtones or flags, having a deſcent to carry off all the waſh from your Still, your hot liquor from the worm-tub, and all other occaſional ſlop, which will be made by waſhing your caſks, *&c.* whereby your Still-houſe floor will always be kept clean.

4.

It is abſolutely neceſſary, and what you muſt firſt of all be appriz'd of, that there be ſufficiency of water where your Pump is to be ſunk, both to keep your Worm-tub continually cool, to make up all your goods to their proper ſtrength, and to ſerve all other occaſions whatſoever: it matters not whether your water be ſoft or hard, if you have but plenty enough of it.

5. Your

5.

Your Still must be plac'd upon brick-work, having an ash-hole of twenty four inches long, nine inches broad; and to the iron bars, where your fire is to be under your Still, twenty one, or twenty two inches high; and made somewhat sloping, the better to command the ashes.

When your brick-work is made about the height last mentioned, you must place your grate door (both of strong iron) before, or in the fore-front of the Stove, or place where your fire is to be made under your Still. The said iron door and frame must be about ten inches long, and eight inches broad: Close behind the said door, and frame, must be plac'd two flat cross iron bars, about two inches and a half broad, half an inch thick, and fifteen or sixteen inches long: Both ends of which bars must be laid about three inches into the brick-work, for fixing them the better; and the upper part thereof must be about half an inch lower than the upper edge of the door-frames. Just behind the said two iron bars must be placed another flat iron bar, about an inch and an half broad, half an inch thick, and sixteen inches long, fasten'd in the brick-work, as the former, and near an inch lower: Upon which last mentioned flat iron bar your iron grate must rest at the higher end; and the other ends of your iron grate must rest upon another flat iron bar of the same dimension fasten'd at the furthest end, or most distant part of your Still-bottom.

The iron grate must consist of about eight bars of inch square iron, but exactly of one length, made broad, or flatted at each end, to rest on the said two cross iron bars, so as the upper part of the square bars must be even with the higher part of the flat

iron bars on which they reſt, that the fire-ſhovel or coal-rake may run ſmoothly along them. The ſaid ſquare iron bars muſt be about eighteen inches long, and laid looſe within a crown's breadth of each other upon the aforeſaid two broad iron bars, as firm as you can, yet ſo as they may be put in or taken out as occaſion requires; then raiſe your brick-work, ſo as your Still-bottom when fix'd, or reſted thereupon, may be about ten inches above the iron grate, that the fire may have room to play; and the part of the brick-work under the Still where the fire is plac'd, and whither it extends within the Stove, muſt be inlaid with hearth inch-tiles, well faſten'd with lime and hair, which will abide the fire much better and longer than bricks. Let not the fire-place be too broad, wherein your workman's judgment will have regard to the ſides not being of the ſame thickneſs with the bottom of your Still. There muſt be left a ſloping place, or hole proper for conveying the ſmoak into the flue or chimney, which flue muſt be carry'd up a convenient height, to draw the ſmoak and convey it as in its proper vehicle. Let your Still-cock come ſo far through the brick-work, as your waſh may run out either into cans or otherwiſe, as you have conveniency for conveying it away. The brick-work about your Still muſt be exactly round, as high as the upper nails of your Still, ſloping from the fire, leſt any goods boil over; and very well mortar'd, and cover'd all round with coarſe canvals or hop-ſack, to keep the fire cloſer in, the wall from cracking, and your cloaths from being abuſed thereby.

6. Your Worm-tub muſt be plac'd very near your Still upon a ſtrong wood-frame, according to the

ſize of your tub, which muſt be four or five times the quantity of your Still, ſo as every ſtaff of the Tub may reſt firmly upon the frame, the better to ſupport the great weight of ſuch a quantity of liquor as is neceſſary to keep the Worm conſtantly cold, or cool enough. Your Worm-tub frame muſt be ſo high, as when the tub is plac'd upon it, the low end of your Worm which comes through the Worm-tub will admit of your canns being readily plac'd under, and taken away when they are full. The upper end of your Worm muſt be placed ſo, as the noſe of your Still-head may go into it without any difficulty, and ſhut in ſo cloſe as to be eaſily luted; and your Worm-tub muſt ſtand ſo upright as no liquor may hang in the Worm, which you may know, by putting a pint or quart of water into the Worm, which will run out at the lower end of your Worm. In the middle of your Worm-tub you may place a wood-gutter about three inches ſquare within, to reach from the top of the Worm-tub to the bottom of the ſame, having about three or four inches on the oppoſite ſides at the bottom end of it left open, that the liquor that's pump'd into the gutter, which deſcends, may flow out at the ſaid two breaches to the lower part of the Worm-tub, which forces all the hot water to aſcend upwards, and runs either over the Worm-tub, or rather through a leaden pipe of a moderate ſize, which is call'd a Waſte pipe, being put through, and ſoder'd in your Worm-tub, and extended down your Tub-ſides to what further length you pleaſe, to convey the warm water from your Tub, till the liquor in your Worm-tub be perfectly cold; which by the continuance of your Still working will grow hot again, and again muſt be ſtill cooled after the ſame manner.

7.

Your Pump muſt be plac'd next your Worm-tub, and of ſuch a height as you may have a ſpout put into that part of your Pump, which is next your Worm-tub, under which you may fix a good gutter, to reach to, and be laid in the gutter, that's fix'd in the middle of your Worm-tub, that the liquor may be more eaſily, and with leſs waſte, convey'd into your Worm-tub, in order to cool it. You muſt have alſo another ſpout in the fore-part of your Pump, much lower than the other, for drawing liquor for all common uſes, the higher ſpout being cloſed, and only appropriated for cooling the liquor, when hot in the Worm-tub.

8.

It will be neceſſary alſo to have a large iron-bound Water-tub ſet upon a ſtrong frame, or Still-yard, about the height of your Worm-tub, and plac'd on the other ſide of your Still, or in ſome other convenient place near at hand, to contain a large quantity of water, having a large braſs cock therein, to draw off what liquor you may ſtand in need of ſuddenly; which may be of very great ſervice to you upon any emergency; and may be drawn off in much leſs time, and with leſs trouble than by pumping: for the Still may accidentally be ſometimes dry, and prove of dangerous conſequence, if you had not a quantity of liquor ready on all occaſions in you Water-tub to repair to. Your Water-tub muſt be open at the upper end, that you may dip or drench your canns into it, or lay any ſmall rundlets in it, to ſteep and become tight; and that your Tub may be more eaſily fill'd with water.

9. You

9.

You will find your intereſt in keeping a good middle-ſiz'd Preſs, plac'd in a corner of your work-houſe, and fix'd ſo ſteadily, as not to be mov'd when you uſe it, having a very ſtrong bed or place, in which the goods to be preſs'd are put; and five or ſix hair-cloths ſomewhat broader than your Preſs to be put betwixt every layer of Elder-berries, Cherries, Raſpberries, or any other things which are to be preſs'd; all which are to be laid as thin as poſſible, and your preſs-ſkrew to be drawn pretty much till the liquor run by a ſpout made of ſheet-lead, nail'd to the fore-part of the bottom of your Preſs-bed, into one of your canns, which muſt be placed under it, to receive the juice from the preſs: and draw out your iron pin, to give time to the preſs to empty itſelf of what juice lies in the bed: then draw the ſkrew a little cloſer, and allow time for the juice to run out; and ſo more and more, till all the juice is wholly drawn or preſs'd out of the goods.

10.

You muſt have alſo at leaſt two or three iron-bound open-headed tubs, wide at the top, and narrower, taper-wiſe down to the bottom (one of theſe Tubs is to make up a hogſhead of goods in, another to contain ſomewhat more than half a hogſhead, and another about twelve gallons) which muſt be plac'd orderly in your Still-houſe, and now and then fill'd with hot liquor out of your Still; and the iron hoops driven, or faſten'd, to keep them firm, and in fit condition to hold the goods that are to be put, or made up in them.

11. You

11.

You muſt alſo have three or four iron-bound canns, either with iron round hands or bales; one to hold five, another to contain four, another three; and if you pleaſe, another two gallons; not by bare meaſure to the top, but let your goods reach no higher than within three inches of the brim; and put a braſs nail, foreſett, or plug into your cann, fix'd therein juſt where the liquid reaches; which ſerves for a conſtant gage for the future.

12.

Another neceſſary utenſil is an iron-bound wood Funnel, which by computation would hold three or four gallons, with a ſtrong iron noſel or pipe to put into the bungs of the caſks which the goods are to be put in; which muſt be ranged or plac'd upon a ſhelf along with the iron-bound canns pretty near your Still.

13.

In ſome convenient part of your Still-houſe where room may be moſt ſpared, muſt be plac'd a pretty large veſſel, either cover'd or open, as you pleaſe, upon a Still-yard or guntree with a cock in it, in which you muſt put all your Faints or after-runnings, until you have a quantity worth your diſtilling over, into which veſſel or caſk you may put the waſhings out of your caſks, the drippings of your cocks, any goods accidentally ſpoil'd, either by wrong mixture, ſpilling on the ground, or otherwiſe; or any thing elſe that has a ſpirituous matter or ſubſtance in it.

14. Another

14.

Another piece of neceſſary furniture for your Still-houſe, and which cannot be diſpens'd with, is a good ſtrong Tin-pump of about five foot long, and ſix inches in circumference, its noſel about ſix inches from the top of the pump, and the ſaid noſel about fourteen inches long from the body of the Pumb; beſides a little angular noſel about four inches, to be put on upon the other, or taken off as your occaſions require. The uſe of this Pump with its appurtenances, is to draw off your Spirits out of the pieces into your Canns to charge your Still withal; and for many others purpoſes to which it will be ſerviceable.

15.

A pewter Crane is alſo abſolutely neceſſary, made ſomewhat ſemi-lunar, or like a half moon or angle, about ſix foot and a half from one end to another, and four inches round about on the outſide; to draw goods out of any veſſel where the Pump cannot play.

16.

A pewter Valencia is alſo uſeful, being about two foot long, tapering at the end, which you put into the piece, or any other veſſel, to draw out any ſmall quantity, by putting or moving your finger on the other ſide of the Valencia, whereby the liquor is ſuck'd into the gim-crack for your taſting or trying of its proof; which with the Crane may be hung againſt the wall.

17.

Hippocrates's bag, or Flannel-ſlieve is another thing very neceſſary for the diſtiller, whereby all bottoms of caſks, tho' never ſo thick and fe-

culent,

culent, by putting into this Bag or Sieve to filter, become presently clear, the porous parts of the said Bag being presently fill'd with the grosser matter; and the thin or liquid element runs clear from the Bag, and is as good as any of the rest: Also any foul goods or liquor may presently be made clear and fine, by putting some powder'd Alabaster into the goods or liquor, to stop the porous parts of the Bag or Sieve, which presently becomes, or runs clear, leaving nothing but the sediment or gross matter in the Bag: nor do the goods or liquor contract the least ill flavour from the said Alabaster-powder.

The said Bag or Sieve is made of a yard or ell of flannel, nor over-fine or close wrought, laid sloping, so as to have the bottom of it very narrow, and the top as broad as the cloth will allow, well sewed up the side; and the upper part of the Bag folded about a broad wood-hoop, and well fasten'd to it; then boring the hoop in three or four places, fix to it a strong box-cording to support it, and hang it up.

18.

You must have for your Still-fire a large Poker, Fire-shovel, and Coal-rake, with other necessary utensils for your Still-house; a Cooper's Hand-saw, Edge, Gimleck, a striking Gimleck, a Hammer, a pair of scratching Irons, a pair of Tarriers, a Bung-borer, a Box-foreset, and a Box of Bungs.

19.

When you are to distil, you are to make ready, against your Still is charged, a Paste of the bigness of a Turkey Egg, made half of Spanish wheat and the other half of Rye-meal, Bean-meal, or Wheat-flower well mixed together, and made

made into a Paſte with Water, of the conſiſtence of an ordinary Paſte for baking; and having put on your Still-head, with its noſe in the upper end of the worm, then take your Paſte, working and making it plyable with the heat and operation of your hands, and ſpread it upon the junctures of the body and head of your Still, and that part of the noſe of your Still-head, which goes into the end of your worm, to keep in the goods from boiling over: Make the Paſte very ſmooth, by wetting your hand (with which you lay on the Paſte) oft times in water, to cauſe it to lie the cloſer, and ſecure the goods from all events, and reſerve a piece of Paſte about the bigneſs of a ſmall apple; leſt the luting ſhould crack or break out, which is very dangerous, and muſt therefore be carefully attended to and examin'd, and, in caſe of any defect, mended with the Paſte reſerved for that purpoſe.

20.

When you ſet up a new Still, which has not been uſed, let it be fill'd within your hand breadth of the brim with liquor, and put to it a peck of Wheat-bran, or Chiſſel, and put the head upon the Still, and fix it firmly on with a Wood bar, about the thickneſs of your wriſt, upon the loop, a little below the neck of your Still: And the upper end of the ſaid wood bar muſt be faſtened under ſome beam or lintel perpendicularly, to prevent the Still-head from moving by the force of diſtillation: Then lute your Still as directed in the foregoing paragraph; and having made a fire under your Still proper for that purpoſe, draw off two or three or four gallon Canns by diſtillation; whereby all the joints and nails of your Still will be cemented, and made fit for diſtilling your ſtrongeſt proof goods: Then damp your fire with

ſome wet aſhes, or extinguiſh it wholly with liquor caſt upon it, waſh out your Still-head and worm, afterwards you may charge and work your Still with what goods you pleaſe.

21.

All your Spirits to be diſtill'd ſhould be proof goods; which you try, by having a ſmall quantity put into a glaſs Phyal, and ſhaking it with your hand; if the blebs or Proof of it continues a pretty while upon the top or ſurface of the goods, it is then what is called proof-goods: and when it is deſtill'd, it will yield about or very near two third parts; or every thirty gallons will diſtil to near, or ſometimes full twenty gallons; according as the Spirits are higher or lower proof; which you may make proof, or to what ſtrength and weakneſs you pleaſe, by adding that proportion or quantity either of ſpring or river water, as is neceſſary thereto: As for example, take and obſerve this general rule in diſtilling, that all double goods coming from the Still, clear proof and without faints, muſt be made up with liquor to that quantity you charg'd your Still with at firſt: As if with thirty gallons of proof-ſpirits, it will yield (as above noted) about twenty gallons of high proof goods, the deficiency of ten gallons muſt be made up with Liquor till the whole amounts to thirty gallons your firſt charge; and in ſingle goods you add one and a half part more of liquor (*viz.* fifteen gallons) to what is ordered in making up double goods, whereby you will have in all forty five gallons of ſingle goods. But if your ſpirits are below proof, upon your ſhaking the Phyal, or glaſs, the goods will fall flat, or the blebs or proof thereof will not continue on the ſurface of it: And according to the degree of its being reduced more or leſs

below

below proof, the goods will flatten accordingly; and when ſuch goods are diſtilled, they'll fall more in quantity; and upon making them proof, and no otherwiſe will you know what Body they were of, and how far they were reduced.

22.

When your Still is charged with goods for diſtilling and luted, then make your fire under the Still; which if poſſible muſt be of coals, becauſe their heat is moſt conſtant and durable, and wood fires are very ſubject to both extremes, of too much or too little heat, which are prejudicial and ſometimes hazardous.

Let your fire be firſt pretty moderate, and then by degrees increaſed, and now and then ſtirr'd up with your Poker, as is uſual in common fires; and by laying your hand upon the body of your Still, as the fire gains ſtrength in the ſtove or furnace under the Still, you will perceive the heat will by moderate degrees aſcend up your Still-head, occaſion'd by the goods in the Still boyling higher and higher. When your Still-head becomes warm or hot, then prepare a damp (which is to check or leſſen the violence of the fire) which damp is made of about half a buſhel of aſhes taken from under the ſtove or furnace, and two or three gallons of liquor caſt upon and well mix'd with 'em, upon the ground or hearth, before or under your kiln door, to be ready to caſt upon the fire, when there is occaſion ſo to do: And move your hand upon the Still, higher and higher, as you find the heat grow hotter, and aſcend to the neck of your Still-head; Which when it comes with any vehemence more than a common warmth to turn downwards towards the Worm-end, in which your Still-noſe is luted, caſt three or four fire-ſhovels of wet aſhes upon the hotteſt part of the fire,

fire, which muſt be done very ſmartly and critically, at the very turning of the higheſt part of the Swan-like neck of your Still towards the Still; whereby the violence of the fire is abated, which wou'd otherwiſe bring down the goods through the worm very foul in a ruſhing ſtream; which is dangerous, and by any means to be prevented: Whereas your damping the fire ſeaſonably, brings down the liquor like a ſmall twine thread.

23.

You muſt take eſpecial care not to touch or meddle with your fire while your Still is near coming to work, becauſe of increaſing or heightening the heat, which wou'd unavoidably make your Still run foul: But when your fire is damp'd and come to work, you may let your kiln-door be ſhut cloſe, and continue ſo, as long as the worm runs as ſmall as a moderate Box-cord, or as thro' a large turkey quill. But as the kiln-door being long ſhut will overcome the Damp, and bring the fire to its former violence, ſo when you are apprehenſive of it, you may throw open the kiln-door which abates the heat immediately, and leſſens the ſtream flowing from your worm: And you muſt cautiouſly meddle with your Still fire 'till more than one or two canns be come off from your Still, which is about the double ſtrength of the firſt goods, and then there's leſs danger, and you may more ſafely ſtir up or mend your fire, or ſhut your kiln-door, to make your goods come down with a little larger Stream, 'till the goods be wholly come off from the Still.

24.

When you perceive near two third parts of the firſt quantity which you put into your Still to be run from thence, then be often taſting the

goods, which muſt run as long as any ſtrength remains; when all the goods are come off, the former clear colour of the goods will turn to a blue, and ſometimes, according to the nature of the goods, to a whitiſh colour; which are flegmatick and foul, and if they were ſuffered to run amongſt the goods, wou'd make them taſte diſagreeably; but by being kept by themſelves, the goods are clean and well-taſted; and the faints or after-runnings, being put and kept in a veſſel till you have a quantity together, you may then diſtil them (I mean the faints) charging your Still within a hand-breadth of the brim; and caſting two or three pounds of ſalt to each Still, and drawing them off as other goods, as long as the ſtrength continues in the ſpirits, which generally will be about one fourth part of the whole. When the ſtrength of the ſpirits is gone or run off, take away your cann of goods, and let the faints run into another cann, as long as the faints will burn on the Still-head, being caſt thereon, and a candle put to it to try the experiment.

25.

When your faints are drawn into ſpirits, which muſt be made proof, that you may make a better judgment how to convert them to other goods, you muſt always make them into ſuch goods as carry a very predominant or prevailing guſt or taſte above other ingredients: And therefore the common and uſual method taken with them, is to convert them into Aniſeed or Wormwood waters; and ſometimes into All-fours; putting a little more than the receipt of Ingredients, which is made uſe of, the ſame goods being drawn from clean Malt-ſpirits: And alſo dulcifying a little higher than otherwiſe, purpoſely to cleanſe or car-

ry off any ill reliſh contracted from the multiplicity of mixtures in the faints.

26.

You muſt always keep the water in the Worm-tub very cold or cool, that the goods coming off the Still may be perfectly ſo; which will contribute to bettering the goods, and making them ſettle ſooner: Whereas the goods coming off warm or hot from the Still, they loſe conſiderably of their ſtrength, which is extracted by the hot liquor, become more unpalatable, and not without much time and difficulty are made fine.

27.

When you diſtil any goods which are not above one third, or one half part of the quantity your Still will work, be ſure you add one, two, or three canns of liquor to the goods you charge your Still withal; both for better preſerving the Still from damage; and becauſe the goods will purge and fine themſelves, by having a quantity of liquor with them wrought together; and will run conſiderably more from the Still, than when the Still is charged with full proof goods; not that they can poſſibly be more in ſtrength or ſubſtance, but by their being weaken'd with liquor put to them, are drawn lower, and require leſs liquor to make them proof.

28.

When you draw off your Still more than once in a day; if your ſecond diſtillation be of the ſame goods with the firſt, and the quantity of each the ſame; then when your goods and faints are drawn off, damp your fire very well under your Still, draw your waſh quite out of your Still, and with-

out cleaning out the ingredients, you may charge it a ſecond time with the ſpirits and ingredients; and draw off your goods as at other times: But if you charge your Still a ſecond time with the ſame goods, and no greater quantity than what the goods run from what your Still was firſt charged with; then when your goods are come off, and without ſuffering the faints to run, damp your fire, ſtrike off your Still-head, and charge your Still accordingly with your ingredients, and draw them off as you do at other times. But if you charge your Still a ſecond time the ſame day, with goods different from, and of another ſort than what your Still was firſt charged with; then clean your Still of all the waſh and ingredients; ſcrape off all the luting on the Still-head, and upper part of the body of your Still, which remained or was left on the Still and head; waſh down the worm with about a quart of liquor, to prevent all Obſtructions therein; and draw off your goods of the ſecond charging or diſtillation, as you do at other times: Nothing differing either in drawing off, or making up the goods, from what you do when your Still is charged with no other goods, or only one diſtillation made thereof at that time.

29.

Be ſure that betwixt every new charging your Still, you ſcrape off all the Paſte which cleaves or is burn'd to the Still-head, or the brim of your Still; which might endanger your new luting, to crack or break, were it put upon the old paſte or luting: And alſo let your worm be conſtantly waſhed down, with a pint or a quart of liquor, leaſt any thing be accidentally got into the worm, which might prove of the worſt conſequence, and muſt therefore be prevented or guarded againſt,

by the greateſt caution you can poſſibly take therein.

30.

It conduces to meliorate your goods, when the ingredients of which they are made, are infuſed in ſpirits over night, before they are diſtilled; which ſpirits muſt cover the ingredients, and being meaſured, you muſt allow what they meaſured to out of the quantity you put into your Still; ſo that both the ſpirits in which the ingredients are infuſed, and the other which you meaſure into your Still, muſt together make up your intended quantity: And let all your ingredients according to their ſeveral kinds, be bruiſed, ſliced, or otherwiſe diſſever'd, before their infuſion, if you have time and opportunity for ſo doing.

31.

Take ſpecial care that no manner of Greaſe, Tallow, Soap, or any other ſuch like unctuous things, get or fall into your Pieces, Tubs, Rundlets or Canns: Becauſe they quite take off all manner of proof of the goods; and although their ſtrength be very high, yet will they fall as flat as water.

32.

Above all things beware of lighted candles, torches, paper, or other combuſtible matter being brought too near your Still or any veſſel wherein your goods are contained; which are ſubject to take fire upon very ſlight occaſions: As it is in itſelf moſt dreadful, being compar'd to Fire and Gunpowder, and no other ways to be extinguiſhed, than is directed in the ſecond paragraph of this directory.

33. You

33.

You muſt take care to have your Stove-chimney, or Flew, pretty often ſwept or clean'd: Both to prevent the danger of its taking fire, and to make your flew, or kiln Chimney, draw the better, whereby your Stove-fire will be firſt lighted and afterwards continued with leſs trouble.

34.

It is beſt for preſerving the ſtrength and flavour of your goods, that as they come off your Still into your canns, exactly fill'd up to the plugs or braſs nails of four or five gallon meaſure, they be empty'd into the caſks they are to be kept in; always noting, or keeping an account of the ſeveral canns or quantity of goods to be put by; which muſt be made up to their ſeveral proportions, according to the quality or kind of goods ſo to be made up; which is, or muſt be, by adding ſo much liquor or pump water, as compleats the ſame. And in dulcifying your goods, firſt weigh your Sugar you intend to put in; then diſſolve it in one or more Canns of your liquor, with which you make up your goods; bruiſing all the lumps of the Sugar, and ſtirring it very well with a romager in your Canns, till all is diſſolved; and then emptying it into your other goods; and mixing all well together, by drawing off ſeveral Canns of the goods at the cocks, and putting them in again at the bungs; and then romage all well together, till they are perfectly well mixed and compounded.

35.

When you have made up your goods to the quantity and quality you intend, that they may become fine and clear; all your goods which are

made proof, will without any art or compoſition ſettle, and become fine, and clear, within one or two days at moſt; but goods that are reduced below proof, the weaker they are made in ſtrength, the longer they are in becoming fine or ſaleable. To every hogſhead of Geneva, or ſtrong waters, put five or ſix ounces of Alum powder'd, ſo as to go thro' a coarſe hair-ſieve, and mixed in three or four gallons of the goods, well ſtirred or diſſolved in your cann, and then put to your whole quantity, romaged and very well ſtirred together, ſome canns of goods being drawn off, and put to the goods again, to mix them the better. And the Geneva will be clear in one day; and the other in two or three days.

36.

When your diſtill'd goods are finiſhed, being ſet upon a Still-yard or pair of Gantrees; in order to their being drawn off, you muſt let the bungs of the caſks continue open, till they are become fine and fit for uſe: Then you may put the bungs in, but not too hard, and ſet a forſet or a plug-hole, and a forſet, or plug put ſlightly therein, in a proper place of your caſks, to take out or looſen, to give vent when you draw off any goods: It is a vulgar error to ſuppoſe that goods are injured, or weaken'd, by the bungs being left open: For where there is any quantity of goods, of any tolerable body or ſtrength, they receive no manner of injury thereby, but mellow and clear more and more, by having good vent either by bung or forſet.

37.

You may make any goods deeper or lighter colour'd by dulcifying with browner or finer Sugar. And as all common goods bear a low price,

they

they are always ſweetened with the cheapeſt brown Sugars, which commonly make them of a deep amber colour; which by long cuſtom and uſage has ſo prevailed with the populace, that goods of a lighter colour, occaſion'd by being dulcify'd with better Sugar, are leſs accounted of; whereas fine goods, which are generally drunk by perſons of judgment, and diſtinguiſhing palates, muſt be made up with fine Sugars; and the clearer and lighter colour they are, are more acceptable and valuable, to thoſe who know what they buy: And ſome perſons are ſo nice this way, as to dulcify with loaf Sugar; but the Sugars in your Receipt ſpecify'd are what will give a general ſatisfaction to all your cuſtomers.

38.

When you firſt draw off any goods lately diſtilled, that which lies next the cock, will not be clear, or left fine; according as the goods have been a longer or ſhorter time diſtill'd: And muſt be ſet aſide, till you have drawn off what fine goods you have preſent occaſion for; and then you may put what you firſt draw'd in at the bung, and it will ſettle in a very little time: And when any of your ſtandard, or other caſks, are near out, or to be emptied, and drawn off, let all the bottoms be drawn into one of your canns; and firſt put one, two, or three gallons of liquor, according to the ſize of your caſk, to waſh out your caſk; and let your firſt liquor with which your caſk is waſhed, be put amongſt your faints: And what liquor you waſh clean out withal, muſt be caſt away. Then take your cann of bottoms; and firſt hanging up your flannel ſlieve in ſome convenient place, put your bottoms into it all at once, if your bag will hold it. The firſt runnings of the

bag will be foul, till all the porous part of the bag be filled up with the ſediment, that is amongſt the bottom of caſks: And when they run fine, you may take away the foul goods, and put a clean veſſel to receive the fine goods; and when your bag is near run out, you may put in it what goods firſt run foul, when the bottoms were put into the bag: And let the bag hang, till all the goods be quite run off from the ſediment; which muſt be then caſt away, but the fine goods, ſo filter'd through the flannel ſlieve, will be as good and wholeſome as any of the reſt: And the bottoms of fine goods, which are much more valuable, muſt be filtered or put through white cap paper folded in four parts; one part or leaf to be opened, and made capable to receive what it will hold of the bottoms; being put into the upper continent of a large tin funnel; which will diſtil off all the goods from the ſediment.

39.

When you are to draw a ſample of goods, to ſhew a perſon that has judgment in the proof; don't draw your goods into a Phyal to be taſted, or make experiment of the ſtrength thereof that way; becauſe the proof will not hold, except the goods be exceeding ſtrong: but draw the pattern of goods, either into your glaſs from the cock, to run very ſmall; or rather draw off a ſmall quantity into a little pewter pot, and pour it into your glaſs; extending your pot as high above your glaſs, as you can without waſting it; which make the goods carry a better head abundantly, than if the ſame goods were to be put and tried in a Phyal.

40.

When you are to buy any Brandies or ſpirits, don't conſent to take them by meaſure: But having

ving tasted and tryed them in a Phyal, insist upon having them by weight at seven pounds three quarters to each gallon, and the stronger spirits will be lighter than what is reduced.

41.

All Brandies, whether French, Spanish, or English, being proof goods, will admit of one pint of liquor to each gallon, to be made up and incorporated therewith in your cask, for retail, or selling smaller quantities: and all persons that insist upon having proof goods, which not one in twenty understands, you must supply out of what goods are not so reduced, tho' at a higher price. For all goods which are high proof are cleaner and have a better flavour, than the same goods will have when they are reduced: And the more they are brought below proof, they contract a worse relish, and are not so capable of improving by keeping, as when full proof: So that you must lower the proof of a lesser quantity of Brandies at a time, whereby you will find your account considerably: Not but the *Londoners*, who deal into the country, reduce the same commodity one half part lower, and sell at small prices: But I wou'd dissuade you and others from that practice.

42.

It is a custom amongst retailing distillers, which I have not taken notice of in this Directory, to put one third or one fourth part of proof Molossus Brandy, proportionably to what Rum they dispose of: Which cannot be distinguished, but by an extraordinary palate, and does not at all lessen the Body, or proof of the goods; but makes them about a Shilling a gallon cheaper; and must be so mixed and incorporated together,

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in your retailing caſk. But you muſt keep ſome of the beſt Rum not adulterated, to pleaſe ſome cuſtomers, whoſe judgments and palates muſt be humour'd.

43.

When you have a mind to recover any goods to a better body or ſtrength, which are too low or weak; if they be Brandies, Rum, or fine cordial waters, you muſt put a proper quantity, by little and little at a time, of ſpirits of Wine to the goods; mixed or ſtirring them very well together, and often trying them until you have perfectly reſtored them to the proof you deſire; which may be done with little or no loſs: becauſe the ſpirit of Wine lies you in but about the ſame price with the cordials, and coſt leſs than ſome of your Brandies. If you want to recover or amend any of your common waters, or Geneva's, you muſt put ſuch a quantity of proof or double goods of the ſame kind and denomination to the other, as the price will bear, or will anſwer your intentions, by ſuch a compoſition or mixture. If by putting proof and weak goods together, the colour or face of the goods be ſpoiled, which before their being mixed together, were both fine, as it frequently happens, you muſt clear and fine them, as you do when they are newly diſtilled: Or if you can't ſtay their ſettling, then caſt about a pound of Alabaſter powder into your mix'd goods, to ſtop up the porous parts of the flannel ſlieve, which fines them immediately.

44.

If by chance or accident any goods happen to be ſpoiled in their complexion, ſo as to become not ſaleable, as ſometimes, eſpecially in Geneva's, comes to paſs; or were they by ſome ingredients

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to be turn'd as black as ink; you muſt then diſtill them over again, only putting half the quantity of the ingredients as uſual; and they'll come perfectly fine as rock water from the Still, and muſt be dulcifyed according to their quantity, juſt as they were at their firſt being made. But the goods, notwithſtanding the misfortune they met with, will be much better than they were at their being firſt made.

45.

As you receive ſo great an advantage by having your diſcoloured goods brought to their proper complexion again, by their being diſtill'd a ſecond time, as is mentioned in the foregoing paragraph; ſo that is balanced by the diſadvantage that you loſe all the dulcifying wherewith they were before ſweeten'd; and by every diſtillation they are weakened near one in twenty, tho' improved in goodneſs as aforeſaid.

46.

You may colour any ſort of goods according to the fancies of your ſeveral cuſtomers: If your Raſpberries grow too pale, as they will do, after their being twice or thrice drawn off, and fill'd up with plain brandy; then a quart, or what more you find neceſſary, of cherry-brandy muſt be put to the Raſpberry, as you make it up; to give it a deeper tincture for ſale. If your plain brandies want a higher tinge, then a little burnt Sugar or Treacle does it immediately: And ſo your own judgment and experience will direct you in all the reſt.

47.

You will find it your intereſt to keep ſuch a Stock of ingredients by you, as not to be neceſſitated

ſtated to buy in the Country; where you muſt pay dear for them, and where you have a much worſe commodity, and pay ſometimes a double or triple price: Becauſe ſeveral of the ingredients are only in the hands of Apothecaries; who alſo are ſeldom over-ſtock'd therewith, and cannot, or will not ſell for a moderate gain.

48.

You muſt be ſo prudent as to make a diſtinction of the perſons you have to deal with: What goods you ſell (eſpecially fine goods, which always yield a good profit) to Gentlemen for their own uſe who require a great deal of attendance, and as much for time of payment, you muſt take a conſiderable greater price than of others: What goods you ſell to perſons where you believe there's a manifeſt or at leaſt ſome hazard of your money, you may ſafely ſell for ſomething more than your common profit: What goods you ſell to the poor, eſpecially medicinally, (as many of your goods are ſaniferous) be as compaſſionate as the caſes require: And what goods you ſell in a merchandizing way, you muſt have regard to the balance of trade; which you have very much in your own power, yet won't be managed without a good correſpondence abroad, and a good intelligence at home, eſpecially about the quality and prices the goods are of, and bought at from the Merchants, by whom your country chapmen are ſupplied; what are the contingent charges of bringing their goods home; what time of Credit is given; what or how much may be ſuppoſed *per Cent.* in riding, charges, and bad debts: All which muſt have their due weight and conſideration, in your governing yourſelf, both in making your goods and fixing your prices.

49. What

49.

What goods are moſt in demand, ſuppoſe Geneva, ſtrong Waters, or ordinary Brandies, be ſure to be therein particularly careful to keep a good ſtock, and have variety thereof; ſelling the ſame for a leſſer profit, than any other goods of equal goodneſs: whereby you'll obtain a general credit in the place where you reſide; and by leſſening your profit in one thing that is obſervable and taken notice of, it will induce your cuſtomers to give you your own price, and a much greater gain in things that are leſs underſtood; and yield what's abundant recompence for the other.

50.

You muſt remember that in moſt examples or receipts for diſtilling, ſpecified in the beginning of this Book, the computations of profit are made only of one charge of your Still; ſuppoſed to be thirty gallons; by which you may make your own eſtimation in a larger or leſſer quantity: And you muſt alſo note, that in ſome directions, about placing your Still, mentioned in your fifth paragraph of this Directory, reſpect is not always had to a Still of the ſame gage or dimenſions.

51.

'Tis uſual in ſhops of great buſineſs to ſell all liquors for a greater diſpatch by weight, to ſave the trouble and tedioufneſs of meaſuring; who have tables hung up in their ſhops like Almanacks, ſhewing at one view, the contents of any caſk by its weight: Which you and all diſtillers muſt or ought to be provided of, and have them hung up in frames for that purpoſe; as being more ready upon occaſion, than any examples I can here

inſert.

inſert. Therefore, as thinking it ſuperfluous, I have omitted any ſpecimen here; but in *London* all caſks for the moſt part under half a hogſhead, are meaſured by ſuch canns, as are mentioned in the eleventh paragraph, which canns are as expeditious a way of meaſuring as by weight; tho' not known or uſed in the Country: And as divers liquors are of divers weights, according as they are more or leſs ſpirituous; ſo goods that are proof, by being reduced lower with liquor become more ponderous; yet no allowance is made in their weight, when they retain their firſt names and denominations.

52.

In *London*, and other ſouthern parts, liquors retailed are ſold for greater profit, than in the country: Inſomuch that it is a maxim taken for granted, that the retailer has half in half profit; and oftentimes not ſo contented, ſells in ſhort meaſures, which are five quarts to a gallon; and proportionably in ſmaller meaſures; which poſſeſſes people with ſuch a notion of the profitableneſs of that trade, that brandy-ſhops are in many places as numerous as the ale-houſes: And becauſe the diſtillers have an encouraging profit, it is now become cuſtomary, to furniſh ſuch cuſtomers with gilded and painted caſks, bottles, braſs cocks, *&c.* at the diſtillers charge; he reſerving the property and ſetting his own name thereon; which is alſo deſigned as an obligation, to continue their cuſtom: But the way which has of late obtained, of having dead ſtock in hand, which is ſeldom cleared off, is much worſe than taking by ſmaller parcels, and paying ready money for what they have.

53.

In the country liquid meaſures ſomewhat differ in names, but not in ſubſtance from what they are in *London*; where they are called gallons, quarts, pints, half-pints, quarterns and half-quarterns: But in the country, they are termed gallons, quarts, pints, jills, half-jills, quarter-jills, *&c.* And one thing is obſervable here, which is not any where taken notice of, *viz.* that by the City Standard, four quarts over-run the gallon, by about one and a half quarter pint; two pints over-run a quart proportionable; two half-pints, over-run a pint; two quarterns overflow one half-pint, and two half-quarterns exceed one quartern in the like proportion: And they are ſold accordingly, *viz.* one gallon, one ſhilling and ten pence; one quart ſix pence; one pint three pence half penny; one half-pint, two pence; one quartern a penny half-penny; and one half-quartern three farthings.

54.

When you ſcald out, or ſeaſon any veſſel with hot liquors out of the Still, take care not to put any Aniſeed hot-waſh into any other veſſel than Aniſeed-water: for it will leave behind it a diſagreeable reliſh, and gives the goods an ill flavour: But the hot-waſh of other goods, ſuch as Geneva rectify'd, All-fours, Clove, *&c.* leave no ill ſcent behind, in what caſk ſoever they are put: You muſt alſo take care not to put white goods, ſuch as Geneva, Brandies, and moſt ſorts of ſtrong waters, in any caſks that have had red liquors in, ſuch as Clove-waters, Cherry-Brandy, *&c.* unleſs you firſt ſcald out ſuch caſks three or four times with hot waſh or liquor, to fetch out the tinge of the red colour, which is not effected

without great difficulty; and therefore muſt be very cautiouſly obſerved.

You are to be perfectly verſed (*ad unguem*) in Weights and Meaſures, viz. twenty hundred weight is a tun, one hundred and twenty pounds is an hundred weight, twenty eight pounds is a quarter of an hundred weight, ſixteen ounces is one pound; lower than which you need not go: So alſo one tun of liquors weighs about twenty hundred weight, and conſiſts of four hogſheads; one hogſhead contains ſixty-three gallons; one gallon of ſtrong waters or Vinegar weighs eight pounds; one gallon of Proof-brandy or ſpirits weighs ſeven pounds three quarters; one gallon of Oil weighs ſeven pounds and an half; and one gallon of Treacle, or Honey of a good conſiſtence, is ten pounds and an half (and ſometimes twelve pounds is allow'd in Honey to the gallon): And an hundred weight is abbreviated in writing by this character C. a quarter of an hundred by Q. and a pound weight is expreſs'd by ℔; and an ounce weight by ℥ or G: And ſo for a gallon you may write Gall. for a Quart, Q^{t}. for a Pint, P^{t}. and for a Jill, Jil, *&c.*

CONCLUSION.

THUS have I brought the firſt Part of my Book to a period, and explain'd whatever ſeems neceſſary to be known in the practical part of this Science. I ſhall now enter upon a Second, and ſubjoin theory to practice; in which I ſhall endeavour to give an account how theſe diſtill'd

Cordial-waters operate upon our bodies, and what ſenſible relief and benefit we receive from 'em, when regularly and medicinally taken; as on the other hand, I ſhall lay open the terrible conſequences of a too frequent uſe of 'em. I have reduc'd my preſcriptions to a Still of three gallons charge, which is the ſmalleſt ſize that is now in uſe; and by this means have made 'em ſerviceable for all perſons. I have added ſeveral rich Cordial-waters, not mention'd in the firſt part, and have further taken notice of the different methods of compounding diſtill'd Cordial-waters, which are uſed by ſeveral perſons in liquors of the ſame denomination. This I purpoſely omitted in the foregoing book, as fearing to perplex the reader with a multiplicity of preſcripts; and beſides deſigning it ſolely for the wholeſale trade, I thought it moſt convenient to confine myſelf to one, which I judg'd moſt ſerviceable for that buſineſs: But here I have given the reader variety, and left it to his judgment to make his choice. The theory is ſupported by the authority of the moſt eminent and approved writers, whoſe works are a ſufficient teſtimony of their abilites and learning. And however it may be receiv'd, I will venture to ſay with *Culpepper*, that it comes as near the truth as the men of *Benjamin* could ſling a ſtone; nearer it need not be, but more politely handled perhaps it might; however as it is, it has truth on its ſide, which is the beſt patron, and under that protection I leave it.

The End of the Firſt Part.

A

Compleat Body

OF

DISTILLING,

Explaining the

MYSTERIES

OF THAT

SCIENCE,

IN

A moſt eaſy and familiar Manner;

Containing an

Exact and accurate Method of making all the COMPOUND CORDIAL-WATERS now in Uſe,

WITH

A particular Account of their ſeveral Virtues.

Adapted no leſs to the Uſe of private Families, than of APOTHECARIES and DISTILLERS.

PART II.

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PART II.

A COMPLEAT BODY OF DISTILLING, &c.

BOOK II.

Aniſeed-water.

TAKE Aniſeeds ſix ounces, caraway ſeeds three ounces, proof-ſpirit three gallons, river or ſpring water one gallon and a half: Infuſe all night in the Still, and draw off the goods with a gentle fire, no longer than proof; dulcify'd with brown Sugar two pounds, and make up your goods with liquor to their due quantity.

By this addition of water put into your Still along with the goods (which ought never to be omitted in Diſtillation) the goods will come off cleaner, and in larger quantity from the Still without faints; and will require leſs liquor to make them up, than otherwiſe they would do.

Some general Rules in diſtilling.

It may not here be improper to inſert ſome certain rules obſerved by diſtillers; in drawing off, and making up their diſtill'd goods: *viz.* when you perceive about two third parts of the firſt quantity you put into your Still is come off; then be often trying the goods in a glaſs or phyal; and when you ſee that the bell or proof immediately falls down, and does not continue a pretty ſpace upon the ſurface; then take away the cann of goods, and ſubſtitute another veſſel to receive the faints: Which if ſuffered to run among the goods would cauſe a diſagreeable reliſh, and be longer in fining down: Whereas the faints being kept ſeparate; the goods will be clean and well taſted, when made up with liquor to their due quantity.

It will much improve your goods (and is us'd by moſt Diſtillers) to throw into your Still along with the goods, when firſt charged, about ſix ounces of bay ſalt to every three gallons of ſpirits; and ſo proportionably more or leſs to a greater or leſs quantity of ſpirits: Whereby the goods will better cleanſe themſelves and ſeparate from their phlegmatick parts; and the ſpirits ſo dephlegmated will aſcend and come over much cleaner and finer in diſtillation.

Some alſo are wont to caſt in a handful of grains, to make the goods feel hot upon the palate, as if they bore a better body; yet this conduces nothing towards the advancement of the proof, when the goods come to be tried in a glaſs.

When your goods are all come off, and you deſign them for double goods, you muſt make

them up to their first quantity with liquor: As if, for instance, you charg'd your Still with three gallons of proof-spirits; they will yield in distillation about two gallons without faints; which deficiency of one gallon must be made up with liquor (and Sugar us'd in dulcifying) to their determin'd quantity: And if you are to make up common or single goods, you must add over and above the prescribed quantity in compounding double goods, one and a half part more of liquor, (*viz.* one gallon and a half) to dilute it for single or common goods. Thus by this specimen may you learn how to make goods proof, and how to reduce them lower to what strength or body you please; according as use or the custom of the place has rendered them more or less vendible.

You must also observe, when you dulcify your goods, that you never put your dissolved Sugar amongst your new distill'd goods, till the said dulcifying be perfectly cold; for if mixed hot with the goods, it would cause some of the spirits to exhale, and render the whole more foul and phlegmatick, than otherwise they would be.

When you want to fine any goods speedily for present use or sale (especially white or pale goods) add about two drachms of crude Alum finely pouder'd to three gallons of goods: Which romage well therein, and it will immediately depurate or throw down the fæces, whereby the residue will become clear and transparent for sale or use.

These observations so useful and necessary to distilling I could not omit; but thought good to insert them all under one general head: As designing in this following treatise, to touch upon this subject no further.

Virtues of Aniſeed-water.

Aniſeed water ought never to be reduced below proof upon the account of the oleaginous particles, wherewith this water is highly ſaturated: Which whilſt the goods bear a good body or ſpirit they intimately commix with, ſo that they ſwim and are diſſolved therein, tho' imperceptible to the eye (for all Oils do readily commix, and unite with ſulphur, which is the more ſpirituous part of the menſtruum, or goods, as they are call'd by diſtillers); but when the goods are reduced, and the body of them weaken'd with liquor, the Oil ſeparating from the ſpirit, its proper vehicle, renders the whole of a milky colour, unpleaſant both to the eye and taſte. And this is the cauſe that makes Aniſeed water ſo little in eſteem as it now is, and has for ſome years paſt been daily falling in it reputation, purely upon the account of its diſagreeable guſt, which is ſo offenſive to moſt palates: But if made with Caraway-ſeeds, as before directed, it will be much more pleaſant in taſte, and no leſs efficacious in virtue. It is a good carminative, and commonly is uſed as ſuch, eſpecially among the populace, to expel wind, and attenuates viſcidities lodg'd in the firſt paſſages, cauſing pricking pains and tortions there; But as it is an unpleaſant and diſagreeable water (a cordial I can't call it) when ſimply taken; it might moſt properly be uſed as a common menſtruum for drawing carminative and anticholic tinctures with; and wou'd ſerve much better than common ſpirits for making Elixir Salutis; whereby the medicine wou'd be render'd more carminative, and leſs ſubject to cauſe griping; and alſo ſome of the correctives might very well be omit-

ted, which only ſerve to clog up the menſtruum, and thereby hinder the due extraction of the cathartick virtue of the Senna.

Angelica-water.

Take Angelica roots ſliced half a pound; Angelica ſeeds, and Caraway ſeeds bruiſed, each one ounce; proof-ſpirits three gallons, water as much as is ſufficient: Macerate them all night in the Still, and draw off your clear goods without faints; which dulcify with Sugar one pound and a half, and make up with liquor as afore directed.

Virtue of Angelica-water.

Angelica water is cardiack, cephalick, and carminative, and is accounted a good ſpecifick againſt windy and flatulent cholicks; it comforts the heart, chears and reſuſcitates the ſpirits, and gives a grateful ſenſation to the whole nervous ſyſtem; as all aromatick, ſpirituous, and volatile bodies do: which by the volatility of their ſubſtance are as auxiliaries immediately diſpenſed to, and by their tenuity and ſubtilty as eaſily admitted into thoſe ſenſible organs, with a new ſupply of ſpirits, to repair that waſte, which their continual motion renders them liable to; whereby all languor or faintneſs is removed, and their tonick ſtructure is invigorated more forcibly to vibrate and ſhake off any pendulous or viſcous matter adhering to the fibrous or membranous expanſions, (as in the ſtomach and guts:) which lentor may not improperly be called the common matrix of indigeſtion, fevers, cacochymia's, flatulencies, vapours, *&c.* cauſing various pains and tortions in thoſe parts wherein included or de-

detained, till by ſome natural or artificial means it is removed. And this ſeems moſt efficaciouſly to be performed by thoſe medicaments that are endued with an attenuating and diſcuſſive faculty, whoſe ſubtil parts have power to penetrate and open the glandular pores, and thereby make way for the excluſion of excrementitious or heterogeneous humours: And that Angelica is endow'd with ſuch qualities, is evident by that pungency or ſmart impreſſion, wherewith (in taſting) it affects the nervous papillæ of the tongue; and farther, by the uſe and eſteem the antient doctors had of it; who order'd it in their orvietans and antipeſtilential antidotes and alexipharmick mixtures; for they obſerv'd its diaphoretick and rarifying quality, and therefore very worthily rank'd it amongſt their alexipharmicks; whoſe virtue and efficacy chiefly conſiſted in promoting a gentle diaphoreſis, thereby expelling the malignity or venenate matter from the center to the circumference, which was thence carry'd off by the glandular pores of the cutis, *&c.* by a viſible perſpiration, or gentle dew.

White Clove-water.

Take Cortex Winterana ſix drachms, Pimento one ounce, Cloves two drachms, bruiſe them, and infuſe all night in proof-ſpirits three gallons; water a due quantity, draw off the proof goods, and ſweeten with fine Sugar one pound and a half for uſe.

Beſt red Clove-water.

Take Cloves bruiſed ſix drachms, Jamaica Pepper an ounce and a half, proof-ſpirits three gallons, water as much as is needful: Macerate, and diſtil,

diſtil, no longer than proof: Edulcorate with brown Sugar (or rather Treacle) two pounds and a half, and colour it with Elder-juice five or ſix pints, to the due colour of Claret-wine.

There is yet another preſcription for making red Clove-water, which is by putting an ounce of Cloves, and half an ounce of Caraway-ſeeds to the three gallons of Spirits, drawing off and dulcifying, *ut ſupra*, and colouring it with red Sanders or Poppy flowers: Of theſe you may take your choice.

Virtues of Clove-waters.

Clove-waters are not in much uſe or eſteem, except amongſt the populace, who uſe 'em ſometimes to warm their ſtomachs; or perhaps to expel or drive off a Fit of the Cholick: the Elder-juice in the one, and the Winter's Bark in the other, make the ſaid compoſitions to partake of an antiſcorbutick and diuretick quality: And if the white Clove-water was ſweeten'd or colour'd with Juice or Syrup of Elder-berries, it would be much improv'd in the ſaid virtues; and might ſometimes be us'd in that caſe; and perhaps too with as much ſucceſs as a more pompous medicine: For by the heat and ſubtilty of the ſaid Cortex communicated to the ſpirituous Menſtruum, it has the power and efficacy forcibly to attenuate and incide any viſcous or ſaline concretions which might adhere, or cauſe obſtructions in the capillary veſſels or their glandules, thereby hindering perſpiration; which being detain'd becomes ſharp and acrid, eroding the capillary glandules and ſurface of the cuticle; whereupon enſue thoſe cutaneous deſœdations, which uſually attend the Scurvy.

Beſt

Beſt Cinnamon-water.

Take choice Cinnamon bruis'd twelve ounces, proof Moloſſus-ſpirits rectify'd three gallons, water one gallon and a half: Macerate them twenty-four hours, and then diſtil and draw off your proof-ſpirits, and dulcify with Loaf-ſugar two pounds and a half, and make up your goods full proof.

There is another Recipe for making beſt Cinnamon-water, which is by an addition of Nutmegs to the compoſition, and with a much larger quantity of Cinnamon; which here I ſhall give you.

Take beſt Cinnamon bruis'd a pound. Nutmegs bruis'd an ounce, Bay-ſalt four ounces, ſtrong rectify'd Proof-ſpirits three gallons, River-water a gallon and a half: Macerate, and draw off as above directed; and dulcify the ſame with beſt Loaf-Sugar two pounds twelve ounces, and make them up high proof for ſale or uſe.

Virtues of Cinnamon-water.

The beſt Cinnamon-water is ſometimes by perſons of nice diſtinguiſhing palates and judgment drunk undulcify'd; or only *pro re nata* edulcorated with double refin'd Loaf-Sugar put into the glaſs: Therefore 'twill be your advantage to keep a ſtock of both ſorts always by you: For as it is an excellent commodity that bears a good price, and yields an encouraging profit, of quick demand, and no loſs to be fear'd by age, but rather an improvement, (for all high-proof goods meliorate, and become better by long keeping) a greater ſtock is therefore requir'd of it than of moſt other diſtill'd Cordial liquors. This compound-water is much us'd both in dram and medicine; and is frequently preſcrib'd by Phyſicians

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in all aſtringent and corroborating Juleps and Draughts, where-ever aſtriction of the Viſcera is requir'd: It comforts and ſtrengthens all the noble parts, as head, heart, ſtomach, nerves, liver, ſpleen, matrix, &c. it opens obſtructions, attenuates and diſcuſſes groſs humours; and upon that head is rank'd amongſt the Alexipharmick tribe; it takes off fainting, palpitations, and tremor of the heart; ſickneſs at ſtomach, hiccough, vomiting, continual bearing down of the inteſtines, &c. and is a very efficacious remedy againſt all or moſt diſorders ariſing from weakneſs, and laxity of the nerves; eſpecially proceeding from a humid and cold diſtemperature: For it powerfully ſtops defluxions, and dries up and diſcuſſes ſuperfluous moiſture: And theſe effects may principally be aſcrib'd to the ſaline and oleaginous particles that ariſe from the Cinnamon in diſtillation: The ſaid Salts I take to be of two kinds, *viz.* volatile and fixed; and that not from conjecture only, but from actual experiment: The analyſis of the Bark does partly manifeſt the ſame unto us; The ſubtil and pungent atoms that ariſe from it in ſimple trituration, and which ſo ſenſibly affect or ſtimulate the olfactory fibres, as thereby ſometimes to provoke ſternutation, ſhew us the volatility of ſome of its conſtituent particles; for which cauſe Cinnamon ſhould only be ſlightly bruis'd for diſtillation; which when put into the Still, and the potential heat of the more ſpirituous part of the Menſtruum, aſſiſted and actuated by the additional heat of the ſubjacent fire, comes to act upon the bruis'd and half ſeparated particles of that drug, the finer and more diſſipable, or volatile parts thereof are compell'd wholly to ſeparate and diſjoin from the more heavy and fixed Salt, which being now ſet at liberty, and pois'd up, or

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as it were born upon the wings of the high rectify'd Alcohol, or aereal ſpirit, which is then in riſing, unites, and comes over with the ſame in the very firſt beginning of diſtillation; For then we perceive this new-drawn ſpirit to have a remarkable pungency and volatility, if held to the noſe, which certainly muſt be attributed to thoſe volatile ſaline particles we have now been ſpeaking of; which lying diſſolv'd in the Menſtruum, 'till admitted in the body, is there by the heat of the blood and ſpirits ſubtiliz'd anew, and thereby render'd capable of entering the minuteſt pores or paſſages of the capillary glandules; where, if meeting with any viſcidity or groſs matter that may cauſe obſtruction therein, it attenuates the ſame by its ſubtilty, and rarifies it by its heat to ſuch a degree of fluidity, as to make it capable of paſſing thro' the cutaneous pores, in order for its ejectment out of the body along with the recrements of the blood: The Stimulus which it gives the nervous fibres *in tranſitu*, not a little contributing towards the expulſion or ſqueezing out of the ſtagnating humour, otherwiſe (if too groſs for that excretion) to be reaſſum'd by the reductory veſſels, and thereby convey'd to ſome proper emunctory, to be ſecern'd as an excrementitious matter: Thus are vapours diſcuſs'd from the brain, and other parts of the body by opening the pores, and making free perſpiration, whereby that load of heterogeneous matter, which weaken'd and oppreſs'd nature, is remov'd, and in lieu thereof a calm tranquillity is induc'd upon the whole animal œconomy; which being duly conſider'd, we may eaſily account for that briſkneſs and agility which we immediately perceive in ourſelves after a moderate dram of theſe Cordial liquors, which they effect by the foreſaid cauſes,

viz.

viz. by opening the pores, and giving due vent for perſpiration; an evacuation ſo uſeful and beneficial to nature, that *Sanctorius* has in his accurate book *de medicinâ ſtaticâ* told us, that more excrementitious humours are in one day ſecern'd or carry'd off by inſenſible perſpiration, than by ſtool in fifteen days: And further he affirms, that more than one half of our daily aliment which we receive into our bodies is thrown off by inſenſible vapours. And to this opinion does that great and learned Phyſician Dr. *Gliſſon* aſſent, where diſcourſing on the ſame ſubject, he has in his *Anatom. hepatis*, pag. 370. theſe words, *Ingens eſt proculdubio hujuſmodi (inſenſibilium nempe habituum) evacuatio, &c.* Now, from the aforeſaid obſervations may we ſee the danger of obſtructed perſpiration; for what a load of humours muſt we neceſſarily expect therefrom, and what a train of diſeaſes thence enſuing, if not timely removed by proper remedies? ſuch as we are now treating of, *&c.* which are endu'd with ſuch volatile Salts, or particles as are capable of entering the capillary or cutaneous glandules, and forcing open their minute pores when obſtructed: But a more immediate way it has of comforting the principal Organs or Viſcera, *viz.* by the grateful ſenſation which it imparts to the nervous genus, by communicating a freſh influx of animal ſpirits thereto, and conſequently new ſtrength and vigour to their languid motion, which being recruited, and the waſte of nature repair'd anew, their fibres being contracted, or brac'd up to their due natural tone, by the aforeſaid repletion of ſpirits, are now invigorated to ſhake off and diſlodge any heterogeneous or viſcid matter, which may adhere to, load, or diſturb them: But ſince the nervous fibres are ſometimes ſo greatly relax'd,

eſpecially

eſpecially by ſuperfluous humours, or too much moiſture, that this auxiliary or new ſupply of the nervous fluid can't ſufficiently wind or brace 'em up to their due pitch of tenſity, neceſſary to diſburthen and free themſelves of that oppreſſion; another more powerful aſſiſtance they have (to this ſo neceſſary a work) and that is from the fixed ſalt and oil which ariſes together, by a more vehement heat of fire towards the middle and latter end of diſtillation; for as they are a more ponderous body than the phlegm, as is ſeen by their ſubſiding in water, they require a more forcible heat to raiſe them, ſo as they may aſcend and come over in diſtillation; which being effected, they readily commix with, and lie diſſolv'd in the ſulphureous or ſpirituous part of the Menſtruum: And theſe are what gives that acute pungency to the nervous *fibrillæ* of the tongue leaving a ſort of roughneſs thereon (upon taſting this Cordial-water): And the ſame may we lawfully ſuppoſe they do impart (eſpecially the pointed particles of the fixed ſalt) to the nervous fibres, or their expanſions in other parts, which ſtriking, or darting againſt thoſe ſenſible organs, cauſe them forcibly to contract, or ſhrink up themſelves into a more compacted tone; which ſtate of contraction I take to be only a return to their natural ſite, or place of reſt which they had been ſtretch'd from, by that ſuperfluous moiſture wherewith they were annoy'd in that preternatural ſtate of relaxation, which being freed from, partly by the deterſive quality of the fixed ſalt (aſſiſted by the vibrations of the ſaid capillary fibres); and partly alſo by the attenuating and diſcuſſing quality of the extraordinary hot (and I had almoſt ſaid acrid) oil; the ſuperfluous humidities falling upon, or lodg'd in any part, are thereby

thereby attenuated or abſorbed; whereby the natural tone of the parts being reſtored, they are enabled to perform their due functions, and alſo invigorated to throw off by the ſecretory Canals ſuch excrementitious humours as nature has appointed to be ſecern'd, which being detained are the ſource of innumerable maladies, as I afore obſerved. Thus the ſtomach having firſt received their ſaniferous impreſſion or influence (by diſcuſſing vapours, and deterging viſcidities or crude phlegm, the cauſe of indigeſtion, flatus's) *&c.* it immediately recovers its digeſtive faculty, whereby good chyle is ſent into the blood, repleniſh'd with mild balſamick ſpirits, fit for the generation of the nervous fluid, which being crouded with no lentor or heterogeneous obſtructing matter, is eaſily diſpenſed by its canals to all parts of the body, to communicate life and motion thereto: And in this ſtate no fuliginous vapours are ſent up into the head; and thoſe that were afore lodg'd there, cauſing pains, giddineſs, ſwimmings in the head, catarrhous and other ſerous defluxions, *&c.* are remov'd and thrown off by the open'd *perſpiracula*, being partly beforehand attenuated by the very warming and aromatick effluvia of this cordial.

Thus may we account for the cure of all the enumerated maladies; and after this manner may it be ſaid to comfort and ſtrengthen all the noble parts, or principal viſcera, and take away their diſorders; as ſickneſs at ſtomach, vomiting, hiccough, *&c.* and from the heart palpitations and faintings, which only ariſe from a convulſive motion of its nervous fibres: And upon the account of its ſubtil ætherial or volatil Salt, whereby it attenuates groſs humours, and opens the perſpirable pores of the cutis; thereby making way for

the tranſit of morbous humours or vapours; it is ranked in the alexipharmick claſs; and upon the account of its fixed Salt, it has a place amongſt the deobſtruents; and is frequently in many feminine caſes given, where opening of the uterine paſſages is deſir'd: And this it effects by the ſpecifick gravity of the ſaid ſalt (and partly alſo by its deterſive quality) which being driven by the impetus of the arterial fluid againſt thoſe obſtructed glands, abrades or wears away the obſtructing humour or matter, and enables thereby the blood to force open and break through thoſe Capillaries, whereby a way is open'd for thoſe natural and critical diſcharges, which nature has that way appointed.

Cinnamon-water.

Take ſmall Cannamon and Caſſia lignea, each four ounces, proof Malt-ſpirits three gallons, water as much as is neceſſary: Bruiſe the Barks, and infuſe them all night in the ſpirits; then diſtill and edulcorate with fine Sugar three pounds, and make it up as in double Cinnamon-water directed.

When you make ſecond Cinnamon-water, it is beſt done when you have new drawn off your double Cinnamon-water, and having pour'd off the waſh from your Still, put the bruiſed Cinnamon and Caſſia along with the ſpirits, *&c.* (as above preſcrib'd) upon the Magma of the double Cinnamon-water left in the Still: Which draw off, and dulcify *ut ſupra*, whereby your water will taſte ſtronger of the Cinnamon, than otherwiſe it would have done.

You muſt be careful in drawing it off; for the Caſſia, if drawn low, is very ſubject to an Empyreuma.

reuma. The virtues are much the ſame with (tho' far inferior to) the former.

Caraway-water.

Take Caraway-ſeeds bruiſed twelve ounces, proof-ſpirits three gallons, water one gallon and a half: Draw off and dulcify with Sugar one pound and a half, and make it up as the former.

Another.

Take Caraway-ſeeds bruiſed half a pound, Lemon (or Orange) peel dried ſix drachms, ſpirits three gallons; water *q. ſ.* Diſtil and dulcify with two pounds of Sugar, and make up as uſual.

Virtues of Caraway-water.

This water partakes of the ſame virtues with double Anniſeed-water; but is much its ſuperior in pleaſantneſs of taſte, if not in virtues: It is an excellent carminative and anticholic water, diſcuſſing wind and vapours pent up, either in the ſtomach, bowels, or included between their membranes.

It abounds with a very warming, diſcuſſive, and ſubtil Oil; which powerfully penetrates and rarifies included vapours, which being agitated partly by the motion of the fibres, and rarified by the force of additional heat, communicated by the ſaid oleaginous particles of the ſeed, forces the obſtructed wind or vapours to diſlodge, and expand itſelf in order for its diſcharge out of the body. And of this we have a familiar example (alluding to the included vapours in our bodies) of boys blowing up Soap water with a reed or quill into bubbles:

Which by the continual ſucceſſion of heat and warm air, blown through the ſaid tube, the included vapours rarifyed expand the veſicle or bubble more and more (according to the degree of viſcoſity of the liquor) till it be ſtretch'd to ſuch a degree of tenuity that the rarified vapour therein contain'd is capable of forcing its way thro' the ſame: And that ſuch a collection of vapours may be detained in our bodies is indiſputable; we too frequently experiment it by thoſe tortions or griping pains which we feel in the cholick; and the eaſe that enſues when this pent up wind, *&c.* has forc'd its way either upwards or downwards; and the ſtrepitus or rumbling noiſe it makes either before, or at the diſcharge, proclaims to us the cauſe of our malady, and the nature of the enemy that offends us.

Gold Cordial.

Take Angelica-roots one pound, Raiſins half a pound, Coriander-ſeeds four ounces, Caraway-ſeeds and Cinnamon of each two ounces, Cloves half an ounce, Melilot-flowers two ounces, Figs four ounces, Liquoriſh four ounces; having ſliced and bruiſed the ingredients, infuſe them all night in proof-ſpirits three gallons, water one gallon and a half; draw off your proof-goods without faints; which dulcify with fine Sugar two pounds, diſſolv'd in Roſe-water a pint, adding thereto the liquor with which you make up your goods proof; and colour it with burnt Sugar to a fine golden colour, or if you pleaſe, with Saffron tied in a rag three drachms, and preſs'd into the goods; adding twelve leaves of Gold, when you put it by for uſe.

Another.

Another,

Take beſt Brandy three pints, confection of Alchermes half an ounce, oil of Cloves ten drops, loaf Sugar ſix ounces, Muſk and Ambergreeſe tied in a rag each three grains. Infuſe them all together in a large glaſs bottle cloſe cork'd and ſhaken up every day, then filter or decant off the clear liquor, adding ſix leaves of Gold thereto.

Virtues of Gold Cordial.

Golden cordial, as you may ſee by the preſcription, does wholly conſiſt of carminative and emollient ingredients conjoin'd with thoſe of a lubricating mucilaginous quality; for which I take it to be much the better: For they induce a ſoftneſs and ſmoothneſs on the parts, and thereby hinder the renitency and adheſion of both viſcous and ſharp juices; which may either by collection of vapours cauſe gripings in the ſtomach or bowels, or by their aſperity ſo vellicate the nervous fibres, as to draw them into ſpaſms: And as the Prince of phyſic (I mean the divine *Hippocrates*) has well obſerved, ſpaſms and convulſive twitchings, yea and ſometimes a paralyſis, often ſucceed inveterate cholicks: And both antient and modern practice confirms the ſame. Dr. *Charleton*, an eminent and learned phyſician, in his lectures recommended to his learned auditors the uſe of emollient and lubricating medicines, even in continual fevers, to make ſoft and yielding the paſſages for the tranſit of the humours, by ſmoothing their roughneſs and inducing a ſlipperineſs; ſo that the humours may ſlide along thro' them, without renitency and attrition, which always cauſeth griping pains in the ſtomach and belly when retained: And in Rheumatiſms

and Pleuriſies, lubricating oleaginous medicaments are now frequently preſcribed, for the ſaid reaſons, and that with laudable ſucceſs: For we may eaſily conceive that when the points of any ſaline or ſharp humours are wrapp'd up, or as it where ſheathed in the mucilaginous body, or rather vehicle of any ſuch like medicament, ſo as they cannot *in tranſitu* vellicate the ſenſible fibres, and the parts being alſo render'd by the ſaid lubricating quality ſmooth and yielding to the ſame, they muſt conſequently thus paſs on imperceptible and inoffenſive, 'till by the due courſe of circulation, they be brought to their proper emunctory or ſecretory orgains, in order for their diſcharge, without offending the parts through which they paſs.

The latter Recipe of Gold cordial, made with confection of Alchermes, is a great cordial; it takes off faintings, ſwooning, ſickneſs at ſtomach, palpitations of the heart, *&c.* It is alſo a good neuretick or nervous cordial, warming and comforting the nerves; and thereby takes off cramps, numbneſs, tremblings, and weakneſs of the joints, occaſion'd either through languor, or obſtruction of the nervous fluid: Which effects may in a great manner be attributed to the fragrancy and volatility of the perfumes; upon which ſcore it is alſo good in ſome feminine caſes, where the women can well bear the odour of perfumes; but in others they are as pernicious, as ſometimes immediately inducing violent hyſterick fits, faintings, *&c.* therefore cannot ſafely be given in all conſtitutions.

This cordial may be made cheaper, and full as good with the ſucc. chermes, in lieu of the confect; for no virtue can be extracted (by a mercurious or ſpirituous menſtruum) from the pearls preſcrib'd

ſcrib'd in the confection; and the perfumes order'd in the cordial are ſufficient to aromatize it high enough for any conſtitution.

Citron-water.

Take freſh Lemon peels number thirty, figs fourteen pounds, proof-ſpirits three gallons, water as much as is neceſſary: Infuſe and diſtil, make it up high proof, and dulcify with double refin'd loaf Sugar two pounds and a half, for uſe.

Another.

Take beſt Lemon peel bruiſed eighteen ounces, Orange peel nine ounces, Nutmegs bruiſed one quarter of a pound, ſtrong proof-ſpirits three gallons, water two gallons; macerate, diſtil and dulcify with double refin'd loaf Sugar two pounds, for uſe, *&c.*

The former is what is uſually ſold in *London* for Citron-water; and it muſt be a nice palate that diſtinguiſhes it from the genuine: You ought to keep ſome of this water undulcified; for moſt perſons of the beſt judgment deſire it ſo; and for others it may be dulcified (*pro re natâ*) with a lump of double-refin'd Sugar put into the glaſs.

Virtues of Citron-water.

The true Citron-water (which I have drawn from the Citron-peel in the Weſt Indies) I found had a more aromatick and ſpicy flavour than any cou'd be drawn from the Lemon peel alone: And the Figs only contribute to make it ſofter and ſmoother upon the palate. This put me upon an enquiry, whether a ſucedaneum might not be found, nearer, and more improv'd to the na-

ture and flavour of the genuine, than what was vulgarly ſold: And this Form or Recipe with Nutmegs, which here I have given you, I found, after many experiments, to come neareſt to the true or Weſt India Citron; the Nuts muſt be bruiſed, and the peels cut in pieces, and infus'd all night in the rectify'd ſpirits and liquor, and then drawn off with a gentle fire, which reſerve in bottles either plain or dulcified.

This water is a very pleaſant cordial dram, of a very aromatick and grateful flavour: It ſtrengthens the ſtomach, and gives a ſuitable tenſity to the nervous tunics of it, thereby rendering it more able to digeſt the aliment. And by the addition of the Nutmegs it becomes a good cephalic, and comforts the brain as well as ſtomach; and that partly by the grateful ſenſation it imparts to the nervous ſyſtem, invigorating their tonic ſtructure, and partly alſo by its warming diſcuſſive quality; it dries and clears the brain of ſuperfluous humidities, attenuating and making them fit for glandular ſecretion, or perſpiration.

Plague-water.

Take Rue, Roſemary, Balm, Carduus, Scordium, Marigold-flowers, Dragons, Goats-rue, Mint, each three handfuls, roots of Maſter-wort, Angelica, butter-bur, Piony, each ſix ounces, Scorzonera three ounces, proof-ſpirits three gallons; macerate, diſtil, and make it up high proof.

Another.

Take roots of Maſterwort, Gentian, Snake-root, each two ounces; green Walnuts bruiſed twenty-four, Venice-Treacle and Mithridate, each one ounce; Camphire two drachms, Rue, Elecampane

campane root, each an ounce; Horehound two ounces, Saffron a drachm, Proof-ſpirits three gallons, Water *q. ſ.* Diſtil, and ſweeten with white Sugar one pound and a half, for uſe. Note, that the Saffron is beſt added after diſtillation.

Epidemick, or Plague-water.

Take Dragons, Roſemary, Wormwood, Sage, Scordium, Mugwort, Scabious, Balm, Carduus, Tormentil with roots, Angelica with roots, Marigold-flowers, Centaury, Betony, Pimpernel, Celadine, Rue, Agrimony, each half a pound; Gentian, Zedoary, Liquoriſe, Elecampane, each four ounces: Bruiſe and ſlice the ingredients, and infuſe them in three gallons of Moloſſus-ſpirits; then add Spring-water two gallons: Diſtill and dulcify with fine Sugar one pound, for ſale.

Virtues of Plague-water.

I have given you here three preſcriptions for compounding Plague-water, of which you may take your choice. They are compounded of noble and generous Alexipharmicks; and are each profitable to be taken as a preſervative againſt all peſtilential, malign, or other contagious diſtempers: and alſo as an antidote to expel the malignity from the heart, and force it towards the circumference, there to be diſcharg'd by a gentle Diaphoreſis: And this they effect by the ſubtilty and tenuity of their ſubſtance, whereby they divide and attenuate the humours, ſo as to render them fine enough to paſs thro' the cutaneous glands, by a ſenſible perſpiration, which appears upon the cuticle in form of dew, or gentle ſweat: And to this neceſſary work we may well ſuppoſe

ſuppoſe the nerves lend their helping hand; for they being now invigorated by a freſh influx of animal ſpirits communicated to them by theſe generous Cordials or Alexipharmicks, and their waſte repaired by this timely Auxiliary, are enabled more forcibly to contract their fibres, and ſo to ſqueeze out of the capillaries thoſe humours which obſtructed the perſpiration; or ſo to divide them by ſuch ſhocks and impulſes of the contracting fibres, that becoming thereby more fluxile, they may readily paſs out that way which nature endeavours for their excretion; which commonly terminates the diſtemper by this critical evacuation.

That Plague-water which I approve beſt of for this purpoſe, is the ſecond Recipe made with the Theriaca, Snake-root, Camphire, Saffron, *&c.* Amongſt all the whole tribe of Alexipharmicks no greater antidotes can be found; for they are allow'd by all the learned Phyſicians both antient and modern, to be the principal ingredients for this uſe. The Walnuts and Rue form'd the baſis (or rather made up the moſt part) of that fam'd antidote, or counter-poiſon of *Mithridates* King of *Pontus*, which ſo effectually preſerv'd his body (and render'd it proof) againſt all manner of Poiſons. The Camphire Croci and Rad. Serpentaria Virg. are of no leſs efficacy; for they are generally taken to be the greateſt Alexipharmicks in the whole *materia medica*; for being of wonderful ſubtil parts, they exceedingly attenuate groſs or viſcid humours obſtructing the capillaries, and forcing them out by ſweat; and by the ſame attenuating qualities, have the efficacy or power to keep the reſt of the humours or circulating fluids in a due ſtate of fluxility.

Aqua

Aqua mirabilis.

Take Sage, Betony, Balm, Cowſlip-flowers, Mint, each a handful and half; Cubebs, Galingal, Ginger, Calamus Aromaticus, each one ounce and half; Nutmegs, Cloves, Cardamoms each half an ounce; Proof-ſpirits three gallons, Water, *q. ſ.* Macerate, diſtil, and dulcify with fine Sugar a pound and half, for uſe.

Another.

Take Celadine half a pound, Nuts, Ginger, each one ounce; Cowſlip-flowers half a pound, Cloves one ounce; Penny-royal, Marjoram, each four ounces; Spirits rectify'd three gallons; infuſe all night, and diſtil; which make up high proof, and dulcify with fine Loaf-ſugar two pounds, for ſale or uſe.

The College has it thus:

Take Cloves, Galingal, Cubebs, Mace, Cardamoms, Nuts, Ginger, each half an ounce; juice of Celadine two pounds, rectified Spirits two gallons, Water one gallon; diſtill, and edulcorate with Loaf-ſugar, *q. ſ. pro uſu.*

Another.

Take Cardamoms, Cubebs, Nuts, Galingal, each two drachms; Cloves a drachm; white Ginger and grains, each half an ounce; Caraway-ſeeds one ounce, Proof-ſpirits two gallons and a half; Water one gallon and a half; infuſe, draw off, and dulcify with fine Sugar two pounds for ſale or uſe.

Virtues

Virtues of Aqua mirabilis.

Theſe are the various Recipes that are now us'd, and there is little difference in their virtues, except what the Penny-royal makes in the one, and the Celadine in another; for the virtues of the Spices are not much different, being all of the warming and aromatic ſpecies; and upon that account are good ſtomachic and cephalic ingredients.

This Water warms the ſtomach, corrects crudities, and flatulencies in the *primæ viæ*, and thereby helps digeſtion; chears the heart, helps languor and faintings, and performs the office of a generous Cordial to the whole animal œconomy: It is frequently preſcrib'd by Phyſicians in moſt ſtomachic and cephalic Juleps; and upon the account of its aromatic flavour, is uſually the ſole ſpirituous Menſtruum in Pearl Cordials: for by its warmth it helps Digeſtion, ſtops Vomiting, Hiccough, gripes in the ſtomach and bowels; and by the addition of the Celadine is uſeful in all indiſpoſitions of the Eyes, proceeding from weakneſs, or obſtruction of the optic nerves; for it attenuates and diſcuſſes groſs humours; and by its pungency vellicates the fibres to ſhake off any pendulous or groſs matter which may occaſion their obſtruction.

But here I would be underſtood, that when I reckon up the ſeveral virtues contain'd in each Cordial-water ariſing from, and communicated to them, by their proper ingredients, extracted by the ſpirituous Menſtruum, I don't mean, that a liberal uſe of any of theſe Waters uſed ſimply, or by themſelves, will really effect a cure in the aforeſaid diſeaſes; neither do I believe any one ſo groſs as to expect it; for it is certain that all ſpirituous liquors produce a Coagulum in the blood, if immoderately

moderately taken; ſuffocate the natural heat, thereby inducing Dropſies, Weakneſs of the Nerves, and other cold and humid diſtempers, as is daily experienc'd in thoſe who have long indulg'd themſelves in a too frequent uſe of them, and evidenc'd by their ſwell'd legs and trembling hands: Therefore they are to be taken as a Cordial, either ſimply, or diluted with ſome proper vehicle; when, and at ſuch ſeaſons, as the recited diſeaſes call for the uſe of them; and then the rehears'd benefits and virtues may be expected from them: For a daily uſe of any thing, whether medicinal or not, becomes in time ſo cuſtomary to nature, that in caſe of a diſtemper, wherein that Medicine, Cordial, &c. might be ſerviceable, and from which a cure might happily be expected, it will then fail at the greateſt need, and no more benefit may be expected from it, than from our daily food in a continual Fever, which rather augments, than abates the fury of the diſtemper: And of this we ſee divers examples, as in thoſe who to allay ſome inveterate pain, or induce ſleep when long abſent, have begun with a moderate doſe of Laudanum, &c. which anſwering the expectation, and they fearing the ſad returns of their hoſtile gueſt, when the ſalutary and pleaſing doſe had ſpent its virtue, have been prevail'd with to repeat the ſame doſe again; but not finding the ſame benefit as from the former, to mend the matter, have augmented the doſe ſome few drops or grains, and thus by degrees increaſing it, have at laſt arriv'd to ſuch an uncommon pitch of taking Opiats, nature having now made it habitual to them, that one ordinary doſe of ſuch perſons would be ſufficient to kill half a dozen perſons unaccuſtom'd to this medicine. I knew a young Gentlewoman, who to palliate

liate an occult Cancer in her breaſt, took a large ſilver ſpoonful of liquid Laudanum every night, without any viſible harm, or ſtupor ariſing from it: And this doſe would have been ſufficient at thirty drops or grains *per* doſe (which is too much for the ſtrongeſt perſons, Madneſs or Delirium excepted) for eight perſons; for a large ſilver ſpoonful will contain a full half ounce. And I know another at this very moment, who will daily take a ſcruple of *London* Laudanum at a doſe, and even as much of Crude Opium, to abate the excruciating nocturnal pains of the Venereal diſtemper; and eſpecially of nodes and gummatas, wherewith he was much afflicted. And we daily experience the ſame in Tobacco and Snuff takers, which has little effect upon them, in compariſon with other people. And therefore I muſt here adviſe all perſons, who at any time would expect benefit from any medicinal compoſition, not to be too liberal in its uſe, but to take it moderately, as occaſion requires; and then they may expect to reap the benefit of it at a time when moſt requir'd.

Hungary-water.

Take Proof-ſpirits three gallons, Roſemary and Lavender-tops, each three handfuls; macerate, and diſtil according to art.

Another.

Take flowers and tops of Roſemary nine handfuls, Lavender three handfuls, root of Florentine-orrice three ounces, Salt two handfuls, Proof ſpirits three gallons. Water *q. ſ.* diſtil *ſ. a.*

Virtues of Hungary-water.

This Water was formerly made with only the Flor. Anth. but by the addition of the Lavender the medicine is much the better; and the Orr. Flor. gives a more delicious flavour to it: This ſpirituous medicament is ſeldom or never us'd inwardly, but always topically, as in Embrocations, Epithems, Lotions, *&c.* its chief uſe is in nervous and cephalick diſeaſes, eſpecially thoſe proceeding from a cold cauſe, as Epilepſies, Apoplexies, Atrophies, Spaſms, and all Paralytick Affections; it dries up ſuperfluous humidities (falling upon or lodg'd in any part) by its heat; and is a good diſcuſſive in cold groſs tumors, for it is highly impregnated with a ſubtil detergent oil which incides and attenuates the viſcidities, and by its warmth rarifies the ſame, ſo as to become fit to be carry'd off either by tranſpiration, or to be abſorb'd, or reaſſum'd by the refluent blood, thence to be convey'd to ſome convenient emunctory, in order for its ſecretion. We apply it to the origin of the nerves in convulſive Spaſms, and twitchings of the arms, and Paralyſis of thoſe parts; and it is rubb'd along the Spondils of the neck and back for the ſame end. It makes a noble cephalick Snuff, if mix'd with Spirit of Lavender; and is of ſingular uſe againſt Megrims, Vertigo, Lethargy, Head-ach, Apoplexy, *&c.* The ſaid cephalick mixture may be rubb'd from the ſecond Vertebra of the neck to the firſt of the Thorax, and alſo on the fore part of the Gula, and about the Clavicles, for loſs of ſpeech; for at the ſaid ſecond Vertebra iſſue out the nerves from the cervical marrow there, which ſend forth ſeveral twigs to the muſcles of the Larynx, Gula, Neck,

Neck, and parts adjacent; which having form'd two Plexus's, from the inferior of which immediately under the Clavicles ſpring the recurrent nerves, the main organ or inſtrument that ſerves for the formation and modulation of the voice, both which nerves run up along the ſides of the Trachæa, to which they impart ſome twigs, and end in the muſcles of the Larynx. I have deviated thus far, to ſhew you the origine, courſe, and inſertion of thoſe nerves, which are the chief inſtruments of voice and ſpeech; which being obſtructed, or otherwiſe preternaturally affected, a defect or loſs of ſpeech muſt conſequently follow: And no better external medicine do I know than this compoſition to rub the deſcrib'd parts with, whereby the ſaid nerves will be invigorated to ſhake off the viſcidity which cauſes their obſtructions; or if occaſion'd by too much ſuperfluous humidity, or laxity of the ſaid Nerves: This medicament by its warmth, ſubtilty and pungency will both attenuate the Lentor, diſcuſs and dry up the Humidities, (which it effects by its ſaline particles therewith impregnated) and by its pungency (ariſing from its hot detergent oil) vellicate, and contract their fibres, ſo as to recover their natural elaſticity, whereby their vibrations being oftener repeated, the nervous fluid will thereby be ſo attenuated (being alſo aſſiſted by the ſubtil parts of the medicine immediately penetrating the ſame) as to paſs freely without obſtruction to thoſe parts, they are deſign'd to give ſenſe and motion to; and this in the interim may be aſſiſted with internal cephalics, as Spirit of Lavender Comp. given in Juleps or any convenient vehicle. The Eleoſacchar. Anth. and Lavendul. are ſpecificks in this caſe. The uſe and virtue of Hungary-water may be much augmented and improv'd by an addition of Camphire to it, which by its great

heat, ſubtilty and volatility, dries up ſuperfluous moiſture, contracts the weaken'd Fibrillæ, attenuates, incides, and diſcuſſes viſcidities, and diſpoſes the fluids to a brisk motion, from whence comes natural heat, and conſequently nouriſhment to thoſe parts, which before labour'd under a contrary quality.

Lemon or Orange-water.

Take Proof-ſpirits three gallons, Lemon or Orange-peel one pound, Water one gallon and a half; diſtil, and dulcify with Sugar one pound and a half, for uſe or ſale.

Virtues of Orange-water.

The virtues of this Water are the ſame with that which comes under the denomination of Citron-water, which I have under that head enumerated. This water, if drawn high proof, would be a proper Menſtruum to extract ſtomachic Tinctures and Elixirs with; and is of itſelf, if ſparingly or cordially taken, a good ſtomachic: Otherwiſe, all ſpirituous liquors, if taken to exceſs, deſtroy the tone of the ſtomach, weaken the digeſtive faculty, and are, as I before obſerved, the cauſe and eſſence of innumerable diſeaſes. Exceſs in any thing produces the ſame diſorders: For we ſee that if our daily aliment, by which our bodies are nouriſh'd and preſerv'd in the ſtate of health, and is the moſt benign, amicable, and accuſtom'd to nature of any thing whatever we receive into the ſtomach, yet (I ſay) if common food be immoderately taken, and the ſtomach be ſo ſurcharg'd thereby, that

the concoctive faculty can't break, diſſolve, and tranſmute the ſame into perfect and laudable Chyle, it paſſes the pylorus crude and half digeſted; and for want of a due ferment enters the Lacteals in that ſtate, where it is either obſtructed in the glands of the Meſentery, whence enſues a Cæliaca; or if it paſſes the ſame, and aſcends the Thoracick duct to the Subclavians, and there be mix'd with the blood, yet for want of a due comminution and exaltation of its ſpirituous parts, ſome of thoſe groſs particles will obſtruct in the capillaries, whereby perſpiration will be hinder'd, and the excrementitious particles will be retain'd and re-mix'd with the blood; which being now heterogeneous to nature, the expulſion of them will by all poſſible endeavours be attempted: Whence will follow a colluctation, or inteſtine ſtruggle in the ſanguineous maſs; and this will be augmented by the Lentor induc'd upon the blood by the crude Chyle, which inviſcating the more ſpirituous parts thereof, by nature volatile, and endeavouring to expand, or free themſelves from this oppreſſion, and the avenues of perſpiration being ſtopp'd, the innate heat will be concentrated, whereby the extreme parts will feel cold, and by forming obſtructions in the capillaries, or evaneſcent arteries, eſpecially in the head, pain and tenſion will be perceiv'd there. And this is the firſt ſtage of an approaching Synoche or putrid Fever, induc'd primarily by gorging, ſurfeiting, and over-loading the ſtomach. Another misfortune attends Gluttony, Drunkenneſs, *&c. viz.* when the ſtomach has by theſe diſorders been repleted and ſtretch'd beyond its natural and healthful dimenſions; and being ſo retain'd for ſome time, it will, like a blown bladder, (as being alſo membranous,) grow thinner than is requiſite, and thereby

thereby conſequently colder, the concoctive heat evaporating; which heat is ſo neceſſary to digeſtion, that without it the ſame can't be perform'd; and the fibres of it being ſtretch'd beyond their natural bounds in length, loſe their elaſtick force or virtue: ſo that when the ſtomach ſhould cloſe its two orifices, and contract itſelf more cloſely to embrace the meat in order for concoction, to which poſition it always accommodates itſelf in a healthful ſtate, it can't by reaſon of the ſaid diſtenſion or over-reaching, ſuit itſelf to the ingeſted aliments or contents, but retains its ſwollen figure; whence come vapours, crudities, belchings, rumblings in the guts, *&c.* and the circular fibres of the Pylorus likewiſe ſuffering with the longitudinal and tranſverſe fibres of the ventricle, that port will remain open, whereby the meat or aliment will be immediately voided undigeſted, and alſo unalter'd, producing a Lientery, and thence an Atrophy or Conſumption of the whole body will neceſſarily enſue. Theſe, and various other diſeaſes ariſing from ſurfeiting, and over-repletion, or diſtention of the ventricle (and this only by that which is moſt familiar to it, *viz.* our daily food) what an army of diſeaſes may we not expect from an immoderate uſe of burning hot ſpirituous liquors, ſo hoſtile and repugnant to our nature, when improperly us'd? Which train of maladies thence enſuing, made a wiſe Man call them a Stygian liquor; for he obſerv'd how unperceiv'd and ſecretly they made their attacks upon the main guards of life, when immoderately and unſeaſonably uſed: But if, as aforeſaid, they be moderatly and phyſically, or cordially taken, they are highly ſerviceable againſt the formention'd diſeaſes, and partake of all the enumerated virtues.

Mint-water.

Take Mint two handfuls, proof-ſpirits two gallons and a half; Water one gallon; diſtil, and dulcify with Sugar one pound and a half, for uſe.

Virtues of Mint-water.

This Water wholly partakes of the nature of Mint, and is uſed againſt vomiting, hiccough, wind in the ſtomach or bowels, griping of the guts, megrim, head-ach, *&c.* againſt all which diſorders it has been found to be very available which it effects by the tenuity and ſubtilty of its parts inciding, attenuating and diſcuſſing all viſcid humours, and vapours lodg'd in the ſtomach and guts, from whence proceed the foreſaid diſeaſes; for they all ſpring from one common cauſe *viz.* either phlegm, wind or vapours, or both, lodg'd in the firſt paſſages; which being agitated, cauſe pricking and griping pains in thoſe parts, with emiſſion of vapours thence to the head; a part which always ſympathiſes with the ſtomach in its diſorders, by the communication of nerves wherewith the ventricle, eſpecially its upper orifice, is greatly repleniſh'd.

Ratafia.

Take three gallons of moloſſus-Brandy, Nuts two ounces and a half, bitter Almonds one pound and a half; bruiſe them, and infuſe them in the Brandy, adding Ambergreaſe three grains mix'd with fine *Liſbon* Sugar three pounds; infuſe all for ſeven or eight days ſpace, and then ſtrain off for uſe.

Virtues of Ratafia.

This water is ſeldom or never preſcrib'd in phyſic; it is of a carminative and deterſive quality,

lity, which it receives from the Nuts and Almonds; and by the ſaid opening and cleanſing quality, may prove a good diuretick; for the bitter Almonds abound with an abſterſive Oyl; which as it ſuffers or undergoes no torture by fire, retains its unctuous and ſoftening quality too. And in this view we have a moſt noble diuretick of it, anſwering all the intention that can be required of a medicament, coming under that appellation: For by its oleaginous quality, the fibres that compoſe the urinary glandules and canals are lubricated, ſoften'd, and relaxed; and by their penetrating and deterſive virtue, which certainly they receive from ſome ſaline particles wrapped up in, or as it where lying diſſolved in the Oyl, they ſcour off ſuch viſcous humours or calculous concretions, as may obſtruct the ſaid glandules, and hinder the free emiſſion of the urine, till opened and cleanſed by medicaments of this nature. The Nuts in this compoſition look as if deſignedly added for this uſe; for by their attenuating quality they rarify and dilute groſs viſcid humours, and thereby render them thinner and conſequently eaſier for the opening and deterging particles of the Almonds to incide, diſlodge, and ſo make them paſs off by urine. By the ſame qualities this water may be uſeful to open obſtructions in ſeveral other viſcera, as the liver, ſpleen, meſentery, womb, *&c.* and may anſwer the ſame intentions there, as well as in the former: And in the Pulmonick caſes too, it may have the ſame effects, and we may ſuppoſe much ſtronger too, for it immediately arrives at that *viſcus* after its commixtion with the blood, and having as yet ſuffered little or no depuration, or ſecretion, of its ſaline deterſive particles, muſt therefore in a ſpecial manner exert its virtue there, in forcing open all obſtructions that may impede the blood's courſe or motion,

thereby cleanſing the lungs of thoſe infarctions, which might occaſion coughs, wheezings, difficult breathing, *&c.*

Surfeit-water.

Take Centaury, Marigold-flowers, Mint, Roſemary, Mugwort, Scordium, Rue, Carduus, Balm, Dragons, St. John's wort, each two handfuls; roots of Angelica, Butter-bur, Piony, Scorzonera, each ſeven ounces; Calamus Aromaticus, Galingal, Angelica-ſeeds, Caraways each ten drachms, Ginger ſix drachms, red Poppy-flowers three handfuls; proof-ſpirits three gallons; water one gallon and an half; macerate, diſtil and dulcify with fine Sugar, one pound and a half for uſe.

Virtues of white Surfeit-water.

This water is compounded of cephalic, neurotic, hyſteric, alexipharmic, carminative and ſtomachic, ingredients, whoſe virtues being conjoined and deſigned to ſtrengthen the moſt principal organs and viſcera, muſt needs be very effectual againſt crapula's, indigeſtion, crudities and rawneſs at Stomach, vomiting, and other ſymptoms thence ariſing. It is uſed ſucceſsfully againſt cholicks, gripings in the ſtomach and bowels, flatulencies and vapours, all which it diſcuſſes by its carminative virtue; it attenuates the humours, and helps perſpiration, and is therefore good in all epidemical and contagious diſtempers. It reſiſts putrefaction and expels the malignity from the center to the circumference, which it diſcharges by a gentle dew upon the ſurface of the cuticle; and this it effects by the efficacy of the alexipharmic ingredients, wherewith this compound water is well ſtored. I have put into the Preſcription Flo. Papav.

pav. Erratic. in lieu of the red poppy-ſeed, which is both cheaper and eaſier to procure; (eſpecially at the ſeaſon of the year, which this water ſhould be made in) and in my opinion without any detriment to the compoſition; the virtues whereof I ſhall give you, as ſoon as I have inſerted the following Recipe of Surfeit-water made by infuſion.

Take beſt Brandy a gallon, red Poppies two pecks, let them ſtand in the ſun, in a wide-mouth'd jar, cloſe covered for two or three days, till the tincture of the flowers be wholly extracted: Then ſtrain out the liquor from the flowers, by a ſtrong expreſſion; adding to the tincture Caraway and Coriander-ſeeds, Liquorice ſliced, of each an ounce; Cardamums, Cubebs, of each three drachms; Raiſins ſtoned half a pound; Cinnamon half an ounce; Nutmegs, Mace, each two drachms, Cloves ten, Ginger two races, Juniper-berries two drachms, two Lemons ſliced; infuſe three or four days, adding eight Figs ſliced, white Sugar one pound and a half, Roſe-water a quart; let them ſtand for a day or two longer in infuſion, often ſhaken in the mean while, and then ſtrain and let it ſtand to ſubſide for uſe.

Virtues of Surfeit-water.

This water is no whit inferior to the former, but rather ſuperior; for it retains the whole carminative and alexipharmic virtues of the other, and is no leſs powerful to drive out and expel the inteſtine enemy, than that which is loaded with alexipharmics. And leſt any ſhould doubt of this matter, I will endeavour to ſhew after what manner it is perform'd. And omitting the carminatives, which I could bring in as uſeful in this caſe, I will begin with the Poppies, which are

known to partake of a narcotick and anodyne quality, and as ſuch induce reſt and ſleep, at which time we know perſpiration to be moſt free. *Sanctorius*, an oracle in theſe matters, has in his ſtatick experiments told us, that toſſing and moving the body in bed hinders perſpiration, and that we are to put a reſtraint upon ourſelves while there, and though we can't preſently ſleep, yet are we to lie ſtill and quiet tho' never ſo contrary to our inclination, for thereby concoction of the perſpirable matter, and perſpiration itſelf will be ſooner and fuller perfected. Now as the Poppy-flowers, by their anodyne quality allay pain, and induce pleaſant and quiet ſleep, the rehearſed natural and beneficial evacuation will thereby be promoted more fully and effectually (if taken at or about bed time, or when in bed) than by the ſtrongeſt alexipharmick in nature, wherein no opiate enters the compoſition; for they by their great heat which they communicate to the blood and ſpirits, do thereby much augment the blood's velocity, and raiſe a febrile heat therein, which if the ſubtilty of their particles be not capable and ſufficient of themſelves to open the obſtructed cutaneous glands, as we ſee very often fails, when given in incipient fevers (both intermittent and continual) and thereby put off the recrements of the blood and febrile *fomes* together, they may be ſaid to be the efficient cauſe of that diſtemper, for which they were deſigned a cure. But this water made with the Poppy-flowers is guarded againſt this perilous inconveniency and danger, by the anodyne quality of the ſaid flowers, which rather repreſs than excite any tumultuous motion in the ſanguineous maſs; whereby that fluid moving in a regular, ſedate courſe or motion, will have the more leiſure to put off its excrementitious parts by the glands of the

the ſkin, than when in a preternatural hurry or rapid courſe. And this ſalutary evacuation, we may ſuppoſe to be promoted and aſſiſted by the acid particles of the Lemon, which vellicating the fibres, cauſes them to contract and ſqueeze out of the Capillaries whatever lodg'd there, and hinder'd perſpiration; thereby opening the pores or paſſages of their glandules, and making free egreſs for what is deſigned to paſs off that way. And this is the Reaſon why acids are uſually preſcribed, and rank'd amongſt the tribe of alexipharmicks. This water is alſo accounted good to ſtop fluxes of all ſorts; which it effects by its warming, carminative, and diſcuſſive quality, imparted thereto by the ſpices and ſeeds; whereby ſuperfluous humidities are abſorb'd and diſcuſs'd, which were the primary cauſe of weakneſs and continual bearing down of thoſe parts, but being remov'd, the parts recover their natural tone, to which the Cinnamon by its roughneſs and aſtringency contributes not a little; and by the ſaid virtues of the warm ſpices, takes away gripings and tortions in thoſe parts, the lenient and ſoftening quality of the Raiſins and Liquorice much conducing thereto. Though I have here attributed the efficacy of this water, in curing fluxes of the bowels, *&c.* to the warming diſcuſſive qualities of the ſpices, *&c.* yet do I believe the Poppies to be the chief inſtrument, and that by their anodyne quality, whereby a Diaphoreſis is promoted, and the load of Serum caſt off that way, which afore went off probably by other diſcharges. And the truth of this is confirm'd by daily experience, which teaches us the ſalutary uſe of Diaphoreticks, in Diarrhœa's, *&c.* This water ſtrengthens the ſtomach, and helps the concoctive faculty thereof, thereby preventing crudities and indigeſtions,

ſtions, the origine of crapula's or ſurfeits, from whence the ſaid water took its denomination.

Dr. Stephens's water.

Take Thyme, Mother of Thyme, Sage, Penny-royal, Pellitory of the wall, Roſemary, red Roſes, Camomile-flowers, Origanum, Lavender, Mint, each a handful and a half: Ginger, Galingal, Cinnamon, Nuts, Aniſeeds, Caraways, each ſix drachms; proof-ſpirits three gallons; water *q. ſ.* Macerate, diſtil, and dulcify with white Sugar one pound three quarters, for uſe; adding of leaf-gold ſix leaves, mix 'em well in the goods *ſ. a.*

Virtues of Dr. Stephens's water.

This water is much of the ſame nature and uſe with *aq. mirab.* wholly conſiſting of carminative and cephalic ingredients. It is a good cordial, and may be uſed as ſuch ſimply, or go in compoſition in carminative, anticholic, cephalic, and hyſteric Juleps, *&c.* For it diſcuſſes wind and vapours, lodg'd either in the firſt paſſages, or included between their tunics, or in the interſtices of the muſcles; and that either primarily and ſimply by its diſcuſſive and carminative virtue, which it has an immediare effect upon in the *primæ viæ*, by attenuating viſcidities, and rarifying and diſcuſſing thoſe vapours therein included: Or ſecondarily by impregnating and communicating the ſaid qualities to the ſanguineous fluids, which thereby being conveyed and carried along with the blood, and diſtributed by the arterial capillaries amongſt thoſe muſcular or membranous parts, muſt neceſſarily rarify and diſcuſs thoſe vapours pent

pent up therein, and throw them off by the ſecretory ducts. The nerves alſo may contribute to this work; for by the grateful Effluvia ariſing from thoſe aromatics they are immediately affected therewith, and an elaſticity or ſpringineſs is added to their fibres; and this may be partly aſſiſted by the pungency of the Salts which ariſe with the Oil in diſtillation, from ſeveral of the ingredients which thereby may vellicate the nervous *fibrillæ*, and ſo cauſe their vibrations to be more frequent and ſtrong; and partly by a freſh influx of animal ſpirits, which thoſe ſenſitive organs receive from their moſt volatil and ſubtil parts. The nervous ſyſtem is thereby invigorated and enabled more forcibly to agitate and throw off the contained wind, and ſo help forward its utter expulſion. By the ſame reaſons may we account for and know the method which nature takes in removing obſtructions of the nerves, and alſo thoſe of the cutaneous glands; which here it wou'd be needleſs to lay down, as requiring more time than I am willing to ſpend upon this ſubject, as deſigning ſhortly to treat more amply of nervous diſeaſes, their cauſe and cure, in a work of another nature, to which I refer the reader.

Royal Uſquebaugh.

Take Mace, Cloves, Cubebs, of each three drachms and an half; Nuts ten drachms; Cinnamon, Coriander-ſeeds, Ginger, of each ſix drachms; proof-ſpirits three gallons: Infuſe all night, and diſtil; hanging at the end of your worm Engliſh Saffron (diſſever'd and ty'd in a rag,) ten drachms, (for the goods to run through, thereby to extract all its tincture:) Then make ready the following ingredients, *viz.* Raiſins ſtoned one pound

pound two ounces, dates ſliced twelve ounces, liquorice nine ounces, ſpring water ſix pints; let them macerate in a warm oven or upon hot aſhes, till the whole virtue be extracted from them; then ſtrain 'em, and add fine *Lisbon* Sugar two pounds and a half, which, when diſſolved therein, and perfectly cold, put to your diſtill'd goods, and ſet them by in an open-headed veſſel, with a cock in it, to become fine and fit for ſale or uſe.

Uſquebaugh.

Take Nutmegs, Cloves, Cinnamon, of each half an ounce; Aniſeeds, Caraways, Coriander, of each an ounce; Liquorice ſliced two ounces, proof-ſpirits three gallons, water, *q. ſ.* Macerate and diſtil, hanging at the end of the worm Saffron teez'd half an ounce; which frequently expreſs or ſqueeze out, 'till all its tincture be emitted into the diſtill'd goods, which make up and dulcify with fine Sugar two pounds, for uſe.

Royal Uſquebaugh by digeſtion.

Take Raiſins ſtoned two pounds, Figs ſliced half a pound, Cinnamon two ounces and a half, Nuts one ounce, Cloves half an ounce, Mace half an ounce, Liquorice three ounces, Saffron half an ounce, bruiſe the ſpices, ſlice the Liquorice, *&c.* and pull the Saffron in pieces, and infuſe them all in a gallon of the beſt Brandy for ſeven or eight days, 'till the whole virtue be extracted from them; then filter them, putting thereto a quart of Canary-wine, and half a drachm of eſſence of Ambergreaſe, and twelve leaves of gold broken in pieces, which reſerve for uſe.

Virtues

Virtues of Uſquebaugh.

Theſe waters bear an *Iriſh* denomination, and are excellent ſtomachic cordial liquors, and upon the account of the balſamic and healing quality communicated to the *menſtruum*, by the Raiſins Dates, Figs, Liquorice, *&c.* become a good pectoral and reſtorative cordial: Yet as they are of a very mucilaginous and adheſive ſubſtance, if not attenuated and kept fluid by the volatile parts of the warm ſpices, might perhaps be ſubject to impreſs too great a lentor upon the chyle, and adhere in ſome part of the galaxia, and ſo dam up and obſtruct the ſmall paſſages or glandulous pores of the meſentery; or if admitted into the blood in that clammy ſubſtance, might occaſion the ſame damage there, in ſome of the arterial capillaries or their glandules. But this inconvenience is well guarded againſt, as I above noted; for they undergoing a twofold digeſtion together, as firſt in the compoſition of the cordial liquor, and then afterwards, when received into the ventricle, and there ſo comminuted and mixed as to become one homogeneous ſubſtance, neither too groſs and languid, nor too aereal and volatil, the one ſerving as a ſpur, the other as a bridle to each other. And in this ſtate they paſs along the milky path, till brought into the ſanguineous maſs, where upon their arrival at the heart, they ſuffer another comminution or ſubdiviſion of their particles; for there, and perhaps alſo partly in the lungs, by the admixtion of the ſulphureous particles of the air, they may be ſaid to undergo their laſt concoction for the ſervice of the whole fabick. For in the heart and arterial canals, the blood is ſubtiliz'd, and here the ſpirituous parts begin to ſeparate and take leave of the groſſer and

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more ponderous, as deſigning to make their exit as ſoon as they arrive at their proper port. But this being done by a ſort of violence or colluctation, can't be perform'd all at once; for the groſſer bodies endeavouring to reſtrain or hinder the evolation of the more volatil particles (their old aſſociates) repreſs their immediate flight, till after repeated vibrations of the arteries, they become more and more divided by the rapid Motion of the blood, and conſequently more attenuated by the intenſe heat thereof, are at laſt forc'd to diſjoin, tho' gradually, as afore noted:) And now the groſſer particles reaſſuming their former adheſive and tenacious nature, do readily come into contact, unite and ſtick in any interſtice or cavity made by the attrition and abraſion of the circulating fluid; and thus do they repair the waſtes and decays of nature, and may profitably be given in all colliquations or waſtings of the ſolid parts (where a fever, as hectic, *&c.* is abſent) eſpecially if proceeding from a defect or decay of natural heat; and is of great ſervice to old people, where no fever is to be feared, and the lamp of life or *ingenitus ignis*, call'd by ſome of the antients the *Veſtal Flame* (as is elegantly deſcrib'd by Dr. *Charlton* in is *Oeconomia animalis*) has almoſt conſum'd its *pabulum*, and begins to wax faint and low: There nature requires more generous cordials, which may more ſafely be uſed than in younger perſons, whoſe blood is more ſubject to be inflam'd upon very ſlight occaſions. This water upon the account of the ſaffron, wherewith it is pretty highly impregnated, as containing near five grains in three ounces of the liquid *menſtruum*, muſt needs be a pretty good alexipharmic too; and may, if cautiouſly and wiſely uſed, aſſiſt and promote the expulſions of the

Small-Pox, Meaſles, and other cutaneous eruptions, where a ſpur to nature is required: And in malign and peſtilential Fevers too, its uſe is of good ſervice in expelling and driving out the morbifick matter by the cutaneous pores, for it effectually promotes a diaphoreſis: And tho' the Saffron may be looked upon proportionably to add to, and augment the heat of this cordial medicine; yet it is not to be feared upon that head, but may rather be uſed in larger quantity: for as it powerfully opens the pores (whereby we may judge of a deterſive quality lodg'd in it, and thereby removes obſtructions, and cauſes a plentiful perſpiration of both kinds, *viz.* ſenſible and inſenſible) it leaves free egreſs for the hot ſpirituous particles of the *menſtruum* to exhale, and thereby rather cools and extinguiſhes, than excites or induces any preternatural or febrile heat upon the body, as having by the foreſaid critical diſcharge ſpent the *fomes* or *pabulum* thereof. And this is no fictitious hypotheſis, but grounded upon true reaſon, confirmed by daily experience; for don't we ſee that Camphire (which tho' taken, by ſome perſons, to be cold in quality, yet the inflammability and volatility of its ſubſtance or conſtituent particles demonſtrates to be hot, and that in a high degree) effectually abates and takes off all inflammations, and that only by the ſubtilty of its parts, which opens the pores, and having by the ſaid quality attenuated the humours that obſtructed the paſſages, makes them thereby fit to go off by perſpiration. And by the ſaid quality and cauſes, we find ſpirit of wine to be the moſt effectual remedy againſt ambuſtion. And if the ſaid qualities be allow'd, we may ſuppoſe it alſo available to cleanſe any of the *viſcera*, wherever obſtructed, and by cleanſing and opening

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ing the biliary pores and canal, may be uſeful in the Jaundice, Cachexy's, *&c.* and in ſome uterine caſes too it mayn't perhaps be unſucceſsfully made uſe of.

Wormwood-water.

Take dry'd Wormwood one pound, Caraway-ſeeds bruiſed four ounces, proof-ſpirits three gallons, infuſe, diſtil and dulcify with Sugar one pound and a half, for uſe.

Virtues of Wormwood-water.

Wormwood-water is deſervedly in great uſe, and eſteem; for it is a noble ſtomachic, and the beſt of all diſtill'd waters (Gentian excepted) of that claſs: It is frequently preſcribed in ſtomachic and chalybeat tinctures and infuſions. An excellent ſtomachic and anticholic tincture might be drawn from Spirit. Abſinth. Rad. Zedoar. Cort. Aurantior. Gent. Centaur. Sem. Cardamom. *&c.* and is much more proper for drawing thoſe tinctures and elixirs with, than ſpirit of Wine, provided it were no lower drawn than that ſpirit. Dr. *Bates* has, in his Pharmacopœia, given us the Recipe of a compound Wormwood-water, which for the excellency thereof, I have here tranſcribed from him.

Aq. Abſinth. comp. Bateana.

℞ Cort. extern. Limon. recent. ℔iſs aurant. ℔i ſumat. abſ. ſiccat. Cort. winteran. ana ℔ſs Flo. Cham. ℥iv Sem. Cardamom. Cariophyl. Cubeb. Junc. odorat. ana ℥j Cinnam. N. M. Sem. Carui ana ℥ii Sp. rectif. ℔xij aq. abſinth. ſimpl. Cong. 4 ſ diger. per trium dierum ſpatium, poſtea diſtil. ſ. a.

The compoſition of this Water ſhews its virtues and uſe to which it was deſign'd; for the baſis of it wholly conſiſts of ſtomachic, carminative, and anticholic ingredients: And in my opinion, nothing can be more ſuitably adapted to this purpoſe; only I think the quantity of Wormwood (as this Water takes its appellation from it) is too little, and the Orange-peel might have been ſubſtituted inſtead of the Lemon, if its quantity had been increas'd, without any detriment to the medicine; and if Zedoary and Ginger had been added, it would have been yet more powerful to all the deſign'd intentions, which is particularly to warm the ſtomach, incide, attenuate, and diſcuſs crude viſcid plegm, and vapours the product of it. It brings over in diſtillation a great quantity of its ſalt, which with its oyl lies invelop'd in the ſpirit; its pungency upon the tongue does plainly diſcover it, which acting upon the membranous coats of the ſtomach, by vellicating the fibres thereof, gives a ſuitable tenſity thereto; and if any viſcidity be therein lodg'd, or adherent thereto, it abrades and ſcours off the ſame, which, if wholly excrementitious is extracted into the inteſtinal duct, there to be ſecreted with the fæces. The cavity of the ventricle being thus purg'd or cleans'd, and its fibres being invigorated and ſtrengthen'd by the grateful ſenſation of the warm ſtomachic ſpices, and partly alſo by that ſlight vellication or pleaſing pungency which the fibres thereof might receive from the ſaid ſalts, thereby giving them a ſuitable tenſity, whereby its concave or inner part becoming more corrugated, renders this membranous bowel more able to retain and accommodate itſelf to the ingeſted aliment, in order for laudable digeſtion. And this it effects,

by purſing up itſelf, and more ſtreightly cloſing its two orifices, whereby it becomes thicker and ſtronger, and conſequently more able to break, digeſt, and tranſmute the aliment into good and perfect chyle, fit for its entrance into the lacteal veſſels rank'd along the ſides of the firſt or ſmall inteſtines: Thus by inciding and removing phlegm (the parent of wind and vapours) out of the firſt paſſages, and by cleanſing the ſtomach and giving a due elaſticity or ſpringineſs to its fibres, are aromatic bitters accounted true ſtomachics, and are a ſuccedaneum to natural bile or choler; which, like theſe, deterges and ſcours off crude phlegm, and always cauſes a ſenſe of hunger whenever this uſeful humour is contain'd, and has the predominance, in the ventricle. All bitters reſiſt putrefaction, the Nidus or common Matrix of Worms, Gripes, putrid Fevers, Cachochymias, *&c.* with innumerable other Maladies too tedious here to recite.

Juniper-water.

Take beſt Juniper berries twelve ounces, proof ſpirits three gallons, Water *q. ſ.* Diſtil, and dulcify with Sugar one pound, for ſale or uſe.

Virtues of Juniper-water.

This Water is more in eſteem (as has been obſerv'd in the former part of this work) eſpecially amongſt the populace, than all the whole tribe of diſtill'd Waters put together. It is a good carminative Water, and preferable to Aniſeeds upon the account of its taſte, as being much grateſuller aud pleaſanter to the palate; (eſpe-

(eſpecially if it be not reduc'd below proof, for then it becomes foul, phlegmatic, and ill-taſted, as indeed moſt diſtill'd goods lower'd below proof frequently are) and in virtues it equals, if not exceeds it; for it partakes of all the carminative quality of the other, and is as effectual to diſcuſs wind and vapours, either in the ſtomach or bowels. It is the common Anticholic Water amongſt country people, and is very effectual for that purpoſe, as is frequently experienc'd; for the Berries abound with a very detergent ſalt, which riſes in diſtillation with the oil and ſpirits, which powerfully incides and ſcours off phlegm, *&c.* adhering to the inner tunic of the inteſtines; and by its warming carminative virtue attenuates the ſame, and diſcuſſes any collection of vapours therein, or elſewhere inclos'd: And by the ſaid qualities this Water becomes an excellent diuretic, deterging and cleanſing the reins and urinary paſſages, whereby it powerfully provokes urine, and cauſes a free diſcharge of that excrementitious fluid. The *Dutch* have this Water in great eſteem for the ſaid diuretic quality, which they frequently experience as often as they drink their impure, feculent, and grooty malt liquor (no more comparable to our clean *Engliſh* Ale, or Beer, than Water is to Wine) they preſently fall into an Iſchuria, or total ſuppreſſion of urine, which I conceive may be occaſion'd by the groſſneſs of that liquor. And as thoſe people are commonly great drinkers, and great drinkers commonly are (or at leaſt ſhould be) great piſſers; and it is frequently obſerv'd, that a great portion of our drink goes immediately off by urine, we may not improperly conjecture, that the feculencies or groſſer parts of that liquor is convey'd along

with the blood to the kidneys, where falling in with the Serum into the ſecretory glands of that part, does ſo obſtruct and fill up the ſame, that no more Serum can there be put off from the blood; and conſequently then no urine deſcend thro' the ureters into the bladder: And this I take to be, the occaſion of their ſuppreſſion; which as ſoon as thoſe people labour under, and are ſenſible of, they fly (*tanquam ad aſylum*) to the uſe of this diſtill'd Water; which they have ſo often experimented to give them eaſe and benefit: for being taken in a pretty moderate doſe, it ſoon removes the obſtruction by its detergent quality, opening and cleanſing the urinary pores and glandules, whereby they receive that common benefit of nature (*viz.* a free diſcharge and open paſſage for the urinary fluid) which their groſs Malt liquor had ſtopp'd up.

And by the ſaid quality, Geneva may be of ſervice in the Jaundice, by opening the obſtructions in the biliary pores and canals, and with it a very good Icteric Tincture might be made with proper Anti-icteric ingredients, as Croci, Curcum. Rubi Tinctor. *&c.* Dr. *Bate* commends the Spirit of Juniper, to be a very powerful medicine in curing and removing barrenneſs; which I conceive muſt be, by diſcuſſing and drying up the ſuperfluous humidities of the matrix: And further he tells us, it provokes the Catamenia or Menſes, which is effected by the efficacy of its detergent ſalts; which ſtriking againſt, and forcing open the mouths or extremities of the uterine veſſels, it abſterges or wears away the obſtructing viſcidities, whereby a free paſſage is granted for thoſe periodick evacuations.

Cardamum.

Take Pimento, Caraway and Coriander ſeeds, Lemon-peel, each four ounces; proof-ſpirits three gallons, Water *q. ſ.* Diſtil, and dulcify with Sugar one pound and a half, for ſale or uſe.

Virtues of Cardamum.

This Water is never preſcrib'd in medicine that I know of; tho' 'tis a good ſtomachic, carminative, and anticholic liquor: And were it drawn as high proof as the Cordial waters of the ſhops, it would not be much inferior in flavour and virtue to Aqua-mirabilis. It is a cheap, tho' good compoſition, and may very well be ſubſtituted in lieu of Aniſeed-water, whoſe abominable Empyreuma and diſagreeable Guſt renders it unfit either for dram or medicine. This Water may be us'd in all caſes where any other carminative or ſtomachic Cordial water may be of ſervice, eſpecially in cold and humid diſtemperatures; for by its warming, attenuating, and diſcuſſing faculty, it dries up ſuperfluous moiſture, diſcuſſes wind and vapours, and makes way for their tranſpiration; it comforts the heart by the grateful ſenſation which its fibres receive from the aromatick ſpices of this Cordial, whereby they being invigorated, the contractions of that *viſcus* will be more frequently, and forcibly repeated, and conſequently a greater Impetus given to the blood's circulatory motion. And thus, tho' ſpirituous liquors are ſaid to induce a Coagulum upon the blood, and that from the authority of a great Man (Dr. *Pitcairn* I mean) who in his experiments made with the

Juices of ſeveral Vegetables, *&c.* upon blood, found that Spirit of Wine produc'd a conſiderable Coagulum therein; and that it ran into Grumes, with a large ſeparation of Serum; yet this was after it was drawn out of the body, and expos'd to the air, and therefore might have a different effect, from what it would have produc'd in the body of a living animal. And this I am induc'd to believe for the foreſaid reaſons; for daily experience tells us, that a moderate doſe of any ſpirituous liquor does much increaſe the blood's velocity (as the more frequent vibrations or ſmart ſtrokes of the artery and augmented heat of our bodies does plainly evidence;) which, if granted, the coheſion or groſs texture of the blood muſt neceſſarily be divided, and attenuated, and kept more fluxile in this ſtate of rapidity, as being more broken, divided, and attenuated by the frequent Syſtoles of the heart, and its productions (the Aorta and its ſubdivided canals, I mean.) And this is farther prov'd by the intenſe heat we perceive and feel in our bodies when afflicted with a febrile Paroxyſm; The cold fit (its firſt inſult) being paſt, and the Lentor partly divided by the ſaid frequent contractions of the heart, and the arteries following its motion, a rapid circulatory motion preſently ſucceeds, with a violent burning heat accompanying and ariſing from it; and in this ſtate the blood muſt certainly be allow'd to be more fluxile than in a quieſcent or tranquil ſtate, otherwiſe that great heat cou'd not ſo immediately be diſpers'd and diffus'd over the whole body, but only to ſome certain parts of it where the larger veſſels terminated; for in the Capillaries it would obſtruct, and cauſe pain and tenſion, as is ſeen in Rheumatiſms; and the extreme parts would,

would, as being defrauded of their nouriſhment, feel cold; but in continual Fevers, or any increas'd motion of the blood, no ſuch ſymptom happens. Therefore we are induc'd to think that they don't cauſe ſo great a Coagulum in the blood, as they are generally thought to do, eſpecially if moderately and cordially taken; but if otherwiſe, 'its indiſputable they do. The ſpirituous parts paſſing off, and the grumous becoming aduſt by the force or violence of preternatural heat, occaſion'd by the immoderate uſe of hot ſpirituous liquors, will neceſſarily run into grumes or clots, with a large ſeparation of its Serum; which I take to be the primary cauſe of a Dropſy in great drinkers of ſpirituous liquors, by which repletion the *Lar familiaris*, or ἔμφυλος πῦρ of *Hippocrates*, becomes ſuffocated and extinguiſh'd; and the ſuperfluous ſerous parts of the blood not paſſing timely off probably cauſes a rupture of the Lymphatics, which daily augmenting lays the foundation of that diſeaſe. Thus may we account for that cold and chill habit of body, and hydropical ſwellings that ſuch perſons are ſubject to. But as this buſineſs ought to be treated of in another manner, I ſhall lay it aſide 'till another opportunity, as deſigning only here to ſhew the dangerous uſe of hot burning liquors in young and choleric perſons, whoſe blood is ſubject to be inflam'd: but in cold and humid conſtitutions, eſpecially if inclining to old age, a more liberal uſe may then be ſafely allow'd.

Nutmeg-water.

Take Nutmegs bruis'd twelve ounces, proof-ſpirits three gallons, Water one gallon and a

half; infuſe, diſtil, and dulcify with fine Sugar two pounds for uſe.

Another.

Take Nuts bruis'd half a pound, Caraway-ſeeds or Orange-peel an ounce, proof-ſpirits three gallons, Water *q. ſ.* Diſtil, and ſweeten with Loaf-Sugar two pounds.

Virtues of Nutmeg-water.

This Water is ſeldom made, yet for its virtues deſerves to ſtand in the firſt claſs of all ſtomachic and cephalic Cordial waters, both upon the account of its agreeable flavour, and its medicinal virtues; for in the whole *materia medica* there is not one compound water found, that is more agreeable to the palate, more comfortable to the ſtomach, and more grateful to the nerves than this Cordial is; and may profitably be us'd in all cephalic and nervous caſes, eſpecially thoſe proceeding from a cold cauſe, for as it abounds with a very warming and ſubtil oil, it powerfully diſcuſſes wind and vapours from the ſtomach, bowels and head, thereby curing pains and tortions in thoſe parts. It dries up and diſcuſſes the ſuperfluous humidities of the brain, and is therefore ſerviceable in Catarrhs, and other ſerous defluxions; it helps and ſtrengthens the memory and eye-ſight by the ſaid qualities, (eſpecially if affected with too much moiſture): It ſtrengthens the ſtomach, and other membranous parts, by repairing the relax'd tone of their fibres, giving a ſuitable tenſity thereto; and therefore may be found ſerviceable in moſt of their diſorders; which here for brevity's ſake I ſhall omit 'till a farther opportunity.

Roſa

Roſa Solis.

Take Roſa Solis pick'd clean one pound and a quarter; Cinnamon, Cloves, Nutmegs each an ounce; Marigold-flowers a quarter of a pound, Caraway-ſeeds three ounces, Proof-ſpirits three gallons, Water two gallons; draw off your proof-ſpirits from the Still, and infuſe in a quart of liquor, Liquorice ſlic'd four ounces, Raiſins ſton'd one pound, red Sanders four ounces; infuſe upon hot aſhes to a due extraction of their virtue; ſtrain, and diſſolve therein white Sugar one pound and a half, which when cold mix with the proof goods for uſe.

Roſa Solis by digeſtion.

Take Roſa Solis clean pick'd four handfuls, Nutmegs, Caraway and Coriander ſeeds, Mace, Cloves, Cinnamon, each half an ounce; Ginger, Cardamum, Zedoary, Calamus Aromaticus, each a drachm and a half; Cubebs, yellow Sanders, each half a drachm; red Sanders an ounce, Liquorice two ounces, red Roſe-leaves dry'd a handful, beſt Brandy a gallon; infuſe for ſome days, and then ſtrain off the clear liquor; in which diſſolve white Sugar twelve ounces.

Another.

Take Roſa Solis cleans'd four handfuls; Cinnamon, Nutmegs, Caraway and Coriander ſeed, each one ounce; Cloves, Mace, Ginger, each three drachms; Cardamum, Cubebs, Zedoary, Calamus Aromaticus, each a drachm, red Roſes dry'd an ounce, Liquorice two ounces, Raiſins

ſton'd

ſton'd half a pound, Cochineal, Saffron, each one drachm, beſt Brandy one gallon; infuſe for eight days, and ſtrain, to which add Loaf-Sugar twelve ounces.

Virtues of Roſa Solis.

Theſe Waters made by infuſion of the herb are hotter in quality than that which comes off by diſtillation, where moſt of its hot, fiery, and almoſt cauſtic fixed Salt does not aſcend in diſtillation, but remains with the Magma in the Still; yet are they both without danger. Dr. *Bates* in his Diſpenſatory, and the College in theirs, both give us a Recipe thereof made by infuſion, not much different from each other, or from thoſe I have here inſerted. The virtues rehearſed by the ſaid Author are theſe; it is good againſt Phthiſicks, or conſumption of the Lungs, a Tabes, or pining, *&c.* It comforts the heart, liver, and ventricle, eaſes the pain of the head, and is a preſervative from the Plague. Thus Dr. *Bates*. All which virtues may be aſcrib'd to its heating and drying quality, which attenuates and diſcuſſes the crude *Pituita* heap'd up in the lungs, and dries up, or abſorbs the remaining particles thereof: Its detergent quality abſterges, or ſcours off the purulent matter, and cleanſes the little abſceſſes, thereby diſpoſing them for the reception of the nutritious balſamic particles, to fall in with, adhere to and fill up thoſe eroded cavities, and alſo dries up the Catarrh, the origine of this diſtemper; it eaſes the pain of the head, by attenuating and diſcuſſing vapours there, opening by its penetrating and deterſive quality the glandular pores of the capillary arteries whereby they may exhale or perſpire; or by a more

imme-

immediate way, *viz.* thro' the Pores or Perſpiracula of the Cranium, which Dr. *Havers* has obſerv'd in the upper part of the *Os frontis*, and about the Fontanella or junctures of the coronal and ſagittal ſutures, thro' which the offenſive vapours which ariſe and gather within the Cranium do perſpire; and not only the tenuious vapours, but alſo the more groſs and morbific particles may be evacuated out of the cavity of the ſcull that way; and further, by its immediate effect upon the nervous membrane of the ſtomach, by invigorating and corrugating its fibres, as afore ſhewn, the concoctive faculty thereof is aſſiſted and promoted, whereby crudities are removed, and the cauſe of indigeſtions, vapours, *&c.* which may aſcend to, and trouble the Head, or other parts, is taken away; and by its ſaid effect upon the fibres of the Heart and other Viſcera, all languor or faintneſs is remov'd by the grateful ſenſation which this Cordial imparts to them; and by a new ſupply of the nervous fluid they are invigorated and ſtrengthen'd to ſhake off whatever is heterogeneous or offenſive to them. And thus may this Cordial be ſaid to comfort the principal viſcera: And I have here endeavour'd to explain the method or manner how it is perform'd

London Plague-water, another ſort.

Take green Walnuts, one pound and a half, Angelica-root half a pound, Angelica-leaves, Rue, Sage, Scordium, each three handfuls, Nuts, long Pepper, Ginger, Camphire, Gentian, each an ounce and a half, Snake-root, Contrayerva, Elecampane, Zedoary, Vipers-fleſh, each four ounces; Venice Treacle and Mithridate, each four ounces,

white-wine Vinegar two pounds, proof-ſpirits two gallons; macerate, and diſtil *ſ. a.*

Virtues of London Plague-water.

I could not here omit giving you the preſcription of this moſt excellent compoſition; for certainly nothing can be more regularly and judiciouſly compos'd, or more effectually levell'd againſt the peſtilential Miaſmata, than this great Alexipharmic is. The virtues I have not time now to enumerate; but it partakes of the ſame qualities (tho' far ſuperior in ſtrength and goodneſs) with the afore-recited Plague-water.

Spirit of Alkermes.

Take Orange-peel, Cinnamon, each four ounces, Lemon peel, Nuts, Roſemary-flowers, bitter Almonds, each two ounces, Proof-ſpirits one gallon and a half, Water one gallon; macerate, and diſtil, to which add juice of Kermes one pound, double-refin'd Sugar one pound, Ambergreaſe (rubb'd and mix'd in the ſaid Sugar) a ſcruple; Digeſt for ſome days, and filter, adding Leaf-Gold half an ounce.

Another by infuſion.

Take Cinnamon and Citron water, each one pound, Juice of Kermes three ounces, double-refin'd Loaf-Sugar a quarter of a pound: Digeſt and filter, adding Leaf Gold N°. eight, Eſſence of Ambergreaſe half a drachm; mix.

Or,

Take red Surfeit-water one pound, Cinnamon and Citron water, each half a pound, Confection of

of Alkermes three ounces: Digeſt, and filter, adding Leaf-Gold N°. eight, *miſce.*

Virtues of Spirit of Alkermes.

As this Water is a great Cordial, ſo it bears a great price, which is much augmented by the Gold and Ambergreaſe which enters the compoſition; it is good in nervous caſes; and by its grateful effluvia takes off fainting, ſwooning, palpitation and tremor of the heart, weakneſs and numbneſs of the extreme parts, Spaſms, Paralyſes, and others nervous diſorders.

Antiſcorbutic Water.

Take Garden Scurvey-graſs twelve handfuls, Water-Creſſes, Brook-lime, each two handfuls, Lemons ſlic'd ſix, Horſe-radiſh roots two pounds, freſh Briony-root four pounds, Aron-root two pounds, Muſtard ſeed ſix ounces, Nutmegs one ounce: Digeſt in two gallons of proof-ſpirits, adding Water *q. ſ.* and draw off gently the proof-ſpirit *ſ. a.*

Virtues of Antiſcorbutic Water.

This Water is much the ſame with that excellent Antiſcorbutic Water of the ſhops call'd *Aqua Raphani comp.* ſave only that here we have *Sem. Sinapi* in lieu of the *Cortex Winteranæ*, with ſome other ſmall variations not material. It is compos'd of exceeding ſubtil and volatile ingredients, whoſe particles when actuated by the heat and impulſe of the arterial fluid, are render'd capable of inciding all viſcidities, which may infarciate or obſtruct their capillaries, whereby perſpi-

perſpiration being impeded, the perſpirable matter becomes ſharp and actimonious, eroding the capillaries and their glandules, from whence proceed thoſe cutaneous eruptions and erratic pains which form thoſe anxious ſymptoms we call Scorbutic. The *Sem. Sinapi* in the compoſition makes it ſerviceable in paralytic and hydropic caſes too, by opening and cleanſing the mouths and paſſages of the obſtructed Canals and Viſcera, and alſo by giving a greater fluidity to their contents; the Stimulus, which their component fibres ſuffer, by the pungency or vellication of the volatil ſalts wherewith this medicinal compoſition is highly loaded or impregnated, not a little contributing thereto. Thus it becomes ſerviceable in a Dropſy, by opening the urinary pores and paſſages, for the ſtagnating humour that way to paſs off; and further, by opening the mouths of the Lymphatics, and giving a greater fluidity to the Lympha, it may paſs on freely without ſtagnating or burſting its minute canals, which *Etmuller* would have to be the origine of this diſtemper; or by opening the ſerous glands and reducing veſſels, a free diſcharge may thereby be given, which being before obſtructed, and the humour ſtagnating in the ſaid veſſels, can neither be exhal'd nor reſorb'd, but breaking the ſame, ſays *Boerhaave*, pours out that humour between the membranes; and this produces a Dropſy. The nerves receive the like benefit by this Water, when they require attenuators, to incide, diſcuſs and rarify viſcoſities, and a Stimulus to their fibres, to ſhake off the adhering Lentor.

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FINIS

X not peppermint

MUSEUM BRITANNICUM

Milk punch to make 3 Gallons

proof Mellasses Spirits	3 pts & ¼
Rum	1 pint
Loaf Sugr	1 lb ¾
Lemon Juice	1 pt & Quarter
Spring Water	11 punts
Milk	2 pts & ½

Dissolve the sugars in about 2 Pts of the Water warmd, and when cool mix it in a Cask, with the Spirits, Rum, Water & Lemon Juice, scald the milk and put about a Glass full of the Lemon Juice into it to Curdle it — and strain the Curd out thro' a sieve and Mix all together — this will make about 3 Gallons [redacted]

Lemon peel steepd in the Water all night being poured boiling hot upon it gives it the Colour of Shrub (stand in about 2/6 of Gallon)

(See punch — p. 29.)

[redacted]